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Thursday 19th March

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3pm – 8pm

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Folkestone
Shorncliffe Road

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Karen, SKC student

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South Kent College
ASHFORD > DOVER > FOLKESTONE

OPEN DAY Thursday 19th March 3pm-8pm

What's on at each campus

	Ashford Jemmott Rd	Dover Maison Dieu Rd	Folkestone Shomcliffe Rd	Ashford School of Art & Design Tufton Street
Access Courses	✓			
Accounting	✓			
Additional Learning Support	✓	✓	✓	
Basic Skills				✓
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Bricklaying	✓			
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Foundation Studies (Futures and Horizons)			✓	
Furniture Studies			✓	
GCSEs	✓			
Graphic Design				✓
Hairdressing	✓	✓	✓	
Health and Social Care	✓	✓	✓	
I. T. and Computing	✓	✓	✓	
Management	✓			
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Marketing	✓			
Media			✓	
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Motor Vehicles	✓	✓		
Music Technology			✓	
OSAT (On-Site Assessment and Training)	✓			
Painting and Decorating / Multicrafts		✓	✓	
Performing Arts				✓
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Plumbing			✓	
Public Services			✓	
Retail	✓	✓	✓	
Sports			✓	
Teaching and Teaching Support	✓	✓	✓	
Travel and Tourism	✓	✓		
Wood Trades			✓	

"As a mature student, you have the motivation to learn new skills and succeed. And the College gives you great support."

Ellie,
Public Services student

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David,
Motor Vehicle student



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GREAT DAY: Culture minister Barbara Follett opens Quarterhouse. Search 'opening'

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A CULTURAL EXCHANGE

Culture minister Barbara Follett was the guest of honour as she cut the ribbon on the opening of Quarterhouse, Folkestone's new music, performing arts and business centre.

The venue, which hopes to attract some of the biggest bands and performers to the town as well as provide a forum for local talent, is the latest step in the Creative Foundation's arts-led regeneration plan. The 250-strong audience was treated to a performance by Hythe jazz musician Ian Shaw on piano, accompanied on stage by the University Centre Folkestone choir.

On Friday night the venue also hosted BBC Kent Introducing's first birthday party, featuring the likes of Folkestone acts Elephants and Nick Harrison.

■ BY JAMES ALEXANDRE

ANOTHER earthquake could strike Folkestone at any time, experts have warned, following the second tremor to hit the town in the last three years.

Last week's rumble has now been upgraded to 3 on the Richter Scale after new data was analysed in the aftermath.

Julian Bukiets, of the British Geological Survey, which monitors seismic activity, said Folkestone could be affected again "next week or in five years' time" and said there was no explanation or prediction as to the frequency of the strikes.

People reported last Tuesday's quake as being "like an explosion", similar to a large lorry driving past, or a pneumatic drill in the floor, with some saying crockery shook and rattled.

Most of those who filled in the BGS's online survey said the strength of the shaking was weak to moderate, with the sound being soft.

Mr Bukiets said thousands of earthquakes were taking place constantly around the world, with most going unnoticed or unreported.

He said: "It happens all the time, there's no reason as to why this latest one was smaller than the previous."

"Folkestone is on or near one of many thousands of little faults which cause these tremors – it's just a piece of rock which fractures every hour of every day."

He said what the town experienced did not compare to major faults, found along the edges of tectonic plates, which cause powerful earthquakes. The UK is intra-plate, or too far away

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Sickness rate is nothing to sniff at for town hall

■ BY JAMES ALEXANDRE

SHEPWAY council staff took more sick days than any other local authority employees in Kent over the last year, new figures reveal.

The table shows the council bottom of the list of 12 for 2007/08, with an average of 10.75 days off sick per worker. This represents a dramatic slide compared with the preceding 12 months, when it was the second-best-performing in the county.

Neighbouring councils do not fare much better, with Dover taking 10.50 days off per year and Canterbury 10.28.

A Shepway spokesman said the absences were due to a number of staff being struck down by illness, some of whom were only beginning to return to work.

"Unfortunately the council has seen a significant increase in staff sickness because of a number of serious long-term ill-health cases."

"These staff are currently being phased back to work and we anticipate our sickness days per person to begin to decrease over the coming few months, with an overall reduction to around seven days a year for 2009/2010."

The news comes after the prospect of seeing staff pension contributions of more than 30 per cent by 2011/12, leading to fears of future tax rises in addition to the increase announced last month.

A report on the general fund agreed last month there was a "real risk" of seeing such contributions,



Poorly: Shepway council staff spend more time off ill than other council employees in Kent

placing "severe pressure on the ability to balance future budgets."

Shepway council, which employs about 450 staff, is one of many organisations including the Post Office who are facing a ticking pensions timebomb unless it can find a way to meet its obligations.

A spokesman said: "An increase of 30 per cent in pension contributions is a realistic possibility in future."

"However, it has to be recognised that arriving at the pensions fund valuation at March 2010 to inform future contribution rates will be a complex exercise."

"The council is at an early stage of considering how potential future pension increases can be mitigated."

"It is recognised that there is a budget shortfall to address in future years and work will start this spring with the aim of arriving at a deliverable, future budget strategy for the council to agree in late 2009."

Volunteers gather 16 grim tonnes

MORE than 16 tonnes of household rubbish and scrap metal were collected in a Folkestone clean-up organised by Shepway council, police and rescue services.

The free collection in Dallas Brett Crescent and Keys Place saw volunteers join a 'clean-up gang' of more than 35, filling five trucks and four industrial skips with unwanted waste, ranging from old bikes and beds to mattresses and settees.

Hedges and trees were cut back, and public spaces cleaned and gardens cleared.

The 'community day' was the brainchild of East Folkestone police community support officers Janet Rumley and Michelle Brady.

The event was organised by the Shepway Community Safety Unit, which brings together the district council, county council, police and Kent Fire and Rescue Service.

Shepway leader Robert Bliss said it had been a great example of people working together.

He said: "Community spirit was certainly in evidence throughout the day and people of all ages came forward to help."

"Young people, in particular, did a great job and showed loads of enthusiasm."

Kent Fire and Rescue Service was on hand to talk about home fire-safety checks, while two police constables and two PCSOs manned a mobile police station and NHS outreach workers gave out health advice.

PCSO Rumley said: "I'd like to say a big thank-you to all of the local residents who came out to help."

"It goes to show just how much can be achieved when we all work together."

Free refreshments were provided for helpers by Shepway's safety unit at a nearby church hall.

• PCSOs Rumley and Brady are part of the Shepway East Neighbourhood policing team and can be phoned on 07989 992463 (Rumley) and 07772 226203 (Brady).

Greatest intensity of quake felt in Folkestone

CONTINUED FROM FRONT
from any plate boundaries to be in any serious danger.

The most recent quake before Tuesday's was on February 23 this year, 55km south of Folkestone in the English Channel, which measured 1.6

on the Richter Scale. Results from the survey revealed most people felt the greatest intensity in Folkestone itself and to the west of the town.

"It was felt more mildly in Hythe and by a handful in Sellindge and New Romney, although others in

Dymchurch and Elham said they felt nothing at all."

The 2007 quake on April 28 registered 4.3 on the Richter Scale and affected more than 1,500 properties, with residents reporting several smaller tremors in the weeks afterwards.

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New Dungeness site has potential, says energy giant chief

'Positive feedback' after EDF meetings

A SITE to the west of Dungeness B power station has been formally nominated for consideration as one of a new generation of nuclear power plants.

The announcement comes after a visit by the head of the station's owner EDF and some "very positive" feedback from public meetings about the proposal.

Chief executive Vincent de Rivaz came to see the nominated site and spoke to employees at the B plant, having brought in new management since the company's takeover of British Energy.

Almost 400 people turned up at a series of meetings held across the Marsh in January to hear the proposals for a new unit of up to 1,600MW.

Three possible designs have been forward, which if approved would provide enough electricity for about 2.5 million

■ BY JAMES ALEXANDRE

households and employ up to 2,000 workers during construction and 350-450 over a period of 60 years.

Speaking during his visit, Mr de Rivaz said: "Significant new employment and career opportunities" would be created by EDF's recent takeover of British Energy, which owns Dungeness.

He added: "Dungeness has a lot of potential as a site for new nuclear build. The geography is appropriate, it has the necessary infrastructure and a strong skills base, as well as very vocal support from the local community."

"The potential economic benefits from new nuclear build for Kent and the UK are clearly understood by people here."

Richard Mayson, external affairs director for EDF's new nuclear build

said: "The feedback from the consultation was very positive.

"We believe the land at Dungeness to be an excellent site for new nuclear build and intend to nominate the land into the Government's process to identify suitable sites for new nuclear power."

"No final decision has been made on possible sites and it is important that the public and local communities know when and how to have their say."

The Government is to publish its list of nominated sites later this spring, to be followed by a month-long public consultation and assessment, with the earliest date for any new station being 2017.

Due to the terms of the takeover, EDF will have to sell the land it owns for new nuclear build at either Dungeness or Heysham, Lancashire, to another credible nuclear operator for it to be built.



IMPRESSIVE, HUH? EDF chief executive Vincent de Rivaz inside Dungeness B

Officers close 'drugs factory'

AN ALLEGED cannabis factory growing more than 1,400 plants has been found in the former home of the Rendezvous nightclub in Tontine Street, Folkestone.

Two men, believed to be of Chinese nationality, were arrested after police entered the premises on Monday morning.

Chuan Chen, 24, and Zhven Zhou, 28, have both been charged with being concerned in the production of a Class B controlled drug and abstracting electricity.

Both have been remanded in custody and the cannabis factory closed down.

School was not shut by tremor

THE Folkestone School for Girls has asked us to make it clear that it did not let pupils go home early after Tuesday's earth tremor, as erroneously stated in last week's Yourshepway.

Harvey Grammar School had allowed pupils home and we were wrongly informed (not by the girls' school) that there was a similar situation at Folkestone School for Girls.

We are happy to clarify the matter and apologise for the misunderstanding.

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Bikers warned after four thefts

FOUR motorbikes have been stolen from Folkestone in recent weeks and police are warning owners to be vigilant.

A Honda SFX was taken from Claremont Road between Friday, February 27, and Monday, March 2.

And between Sunday night, March 1, and the following morning, a Honda CG125 in St Martin's Road, a Yamaha moped in Joyes Road and a Yamaha YB100 from Quested Road were also taken.

The last was later found in an alleyway in Chart Road. Officers have questioned suspects and want to hear from anyone with information.

Phone police on 01303 850055 or Crimestoppers on 0800 555111.

Violence flares in parking-bay spat

POLICE are appealing for witnesses after a violent dispute in Hythe over a parking space.

The drivers of two trade vans were involved on Monday, March 2, at 10.15am at the Malt House end of the High Street.

One man standing in a bay reserving a space was driven into by the driver of another van.

Two other men retaliated by allegedly assaulting the driver through his open window.

One of the vans belonged to a scaffolding firm and the other to a satellite TV and multimedia company.

All the men are white and aged between 40 and 50. Witnesses can phone PC Jacqueline Mennie on 01303 289429.

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Struggling Gurkhas 'deserve help on housing and travel'

■ BY JAMES ALEXANDRE

GURKHA veterans struggling to survive should be entitled to free accommodation and transport in the district, according to campaigners.

The call comes after Reading council in Berkshire led the way in arranging for a housing association to home about a dozen retired soldiers and their families in apartments, with rents paid by the Royal British Legion.

This was followed by the local bus operator giving travel passes to allow the retired Gurkhas, who are waiting for their immigration status to be decided by the Government, to move freely around the city.

Reading council has also written to all local authorities in the country, including Shepway, calling on them to support the Gurkhas' claim to equal citizenship and pension rights.

Reading mayor Peter Beard told Yourshepway

how his council wanted to help the former soldiers, who have a regiment based about 20 miles away in Hampshire.

"There were at least eight or nine Gurkhas sleeping on a bus-driver friend's floor, wrapped in duvets, so we had to get them some help," he said.

"A local housing association offered the use of spare apartments originally built for the elderly and they moved in only two days before Christmas. They are very respectful and really humble and, being 71, I know what they did for us and they deserve better."

Shepway councillor and Gurkha Justice campaigner Peter Carroll said: "I know several members of the retired Gurkha community who are now living in the Reading area.

"Reading council does lead the way in getting a fairer deal for retired Gurkhas, who are hav-

ing to live in poverty because the Government has still not announced its new policy, despite being told to do so by the High Court in September, last year.

"I feel Shepway council and Kent County Council could do more. However, the real problem is the Government. They need to act and give these brave, loyal people the right to live here with us as citizens."

A Shepway council spokesman said: "Former Gurkhas living in the district who do not have recourse to public funds are eligible to apply for housing directly with housing associations in the district.

"Although the majority of affordable homes are allocated to people on the Shepway housing list, a small number are allocated directly by housing associations.

"Although the council takes the situation of the Gurkhas very seriously, it acts for all the people of Shepway and there are between 1,800 and 2,000 people on our housing list."



DISTRICT IN TOURISM SHOP WINDOW

People stopping for a coffee break en route to the Continent can now find out more about what's just around the corner. A visitor information centre has opened at Stop24 services, off the M20 near Hythe, helping tourists find out more about the district, including events, regeneration projects and Port Lympne Wild Animal Park. They can book accommodation, flights and theatre tickets for events and destinations throughout the UK and beyond. The unit,

which is operated jointly by Port Lympne and Shepway council, will sell animal posters, mounted pictures, models, books, games and other gifts, as well as 'adopt an animal' boxes. Discover Folkestone, Hythe & Romney Marsh will also have information at the centre. A multi-lingual interactive touch-screen, installed as part of the joint project involving Shepway and Boulogne councils, aims to improve young people's environmental awareness.

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Quarterhouse open for talent

THE latest addition to the regeneration of Folkestone's Old Town has been opened by culture minister Barbara Follett.

Quarterhouse, the new music and business venue for performing arts, concerts and conferences, marks another step in the Creative Foundation's project to transform the area.

Designed by award-winning architect Alison Brooks, the £4.4 million Tontine Street building will host music and arts events, providing a space for local talent to show what they can do, while attracting bigger names to the town.

Jazz musician Ian Shaw, accompanied by the University Centre Folkestone Choir, gave the inaugural performance in front of a 250-strong audience – including a rendition of The Beatles' With A Little Help From My Friends.

The foundation's artistic director, Nick Ebwbank, thanked colleagues who had been working on the project since its inception in 2005.

He said: "From an early stage we identified the need for a social space which would give the town a medium-scale venue for events and concerts. It is hugely rewarding to see this come to fruition in such a stunning building."

"Quarterhouse makes a striking addition to the street scene and the internal spaces have been beautifully designed."

Kent County Council provided £3.5 million for the project and Mike Hill, cabinet member for community services, was at the opening.

He said: "It is important to support and

encourage a culture of creativity and we have already seen the effects of this at The Cube adult education centre, which opened in the Creative Quarter last year.

"This magnificent building is the result of a great deal of hard work and it will provide a valuable boost to the economy."

Dr Keren Jones, of regional development agency Seeda, Shepway council leader Robert Bliss, Sally Abbot, of Arts Council England, and Ms Brooks also spoke about the benefits the new venue could bring.

Mrs Follett compared Folkestone's regeneration to that of the 2008 European Capital of Culture, Liverpool, and praised foundation chairman Roger de Haan's philanthropy as an "inspiration".

Shepway's Find Your Talent project, which gives young people the opportunity to explore their artistic potential, gave a dance display by students from Brockhill Park Performing Arts College and local primary schools.

Other funding came from Seeda (£500,000 through the Channel Corridor Partnership), Shepway council (£250,000) and Arts Council England (£150,000).

Quarterhouse has an open-plan standing capacity of up to 500 and raked seating for 250, together with a business suite of 12 offices to let.

'This could put Kent on the musical map'



BIGGER BANDS: Radio presenter Jim Bursey

FOLKESTONE'S new music venue could be enough to kick-start Kent's ability to attract the biggest bands and artists to the county, according to a radio DJ.

Jim Bursey, a co-presenter on BBC Radio Kent, which hosted last Thursday's opening show at Quarterhouse, said the likes of The Ting Tings, as well as international acts such as MGMT, could grace the stage in future.

Speaking to Yourshepway, the DJ said: "Kent is a massive county with pockets of great music, including in Folkestone."

"We have a few successful venues which hold a couple of hundred people, plus the larger theatres, but nothing that is attracting the most exciting bands to Kent."

He said venues such as The Farmhouse in Canterbury and Chatham's Tap'n'Tin were good at getting bands before they became very successful, but a bigger stage was needed to help them to the next level.

He said: "Once a band requires an audience of more than 200, there's no viable option, as we can see from the acts that the county has attracted."

The Quarterhouse holds 500 standing and is a unique size for a music venue in Kent. It could be important in the music scene for the whole county, not just Folkestone.

"Music fans need to support this venue so national promoters look at it as an area with a good fan base which can guarantee a turnout for the bands they're working with."

"This starts with local promoters booking bands people will be familiar with and helping fill the place with people by putting on the strongest local bands in support."

He said those in the music scene should work with the rest of the community to drum up support for live acts, which in turn would encourage businesses on board.

He said: "If we can get bigger signed bands down, there will be more opportunities for local bands to support them, which is a tried and tested way of getting noticed in the industry."

The BBC Kent Introducing show featured indie quintet Kids Love Lies, Global Battle of the Bands winners Floors and Walls, from Thanet, and Tunbridge Wells four-piece Seven Story Down.

Performing acoustic sets between acts were Tom Williams And The Boat and Ramsgate rapper MC Spooka.

The night was the first of a series of concerts throughout March to mark the venue's opening. These include the talent final for the Sellindge Music Festival on March 14, 3 Daft Monkeys on March 21 and the Robert Mitchell Trio on March 28.

To find out more and to book tickets, go to www.monthofmusic.co.uk.



STRIKING DESIGN: Arts venue Quarterhouse is a striking addition to the Old Town street scene in Folkestone

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The NHS in Eastern and Coastal Kent is pleased to announce a temporary extension of availability and opening hours of blood test services at Folkestone NHS Walk in-Centre, part of the Royal Victoria Hospital in Radnor Park Avenue.

The extended blood test service will be open for 3 extra hours in the weekday evenings and Saturday morning to test the demand and impact of providing extended Phlebotomy Department opening hours.

The temporary service is available 6 days a week until **Saturday 14th March 2009**

The opening hours during this trial period are:

Monday to Friday 8.30am – 7.00pm / Saturday 9.00am - Midday

A blood test, during the extended service, will be available as part of your treatment when visiting the Walk-in Centre or by a referral from your Doctor.

It is hoped that this temporary extension will give patients improved access when attending the Walk-in Centre. After the 24 week trial period the number of people using the extended service will be assessed to see if this service should be available for longer hours in the long term.

For further information contact:
communications@eastcoastkent.nhs.uk

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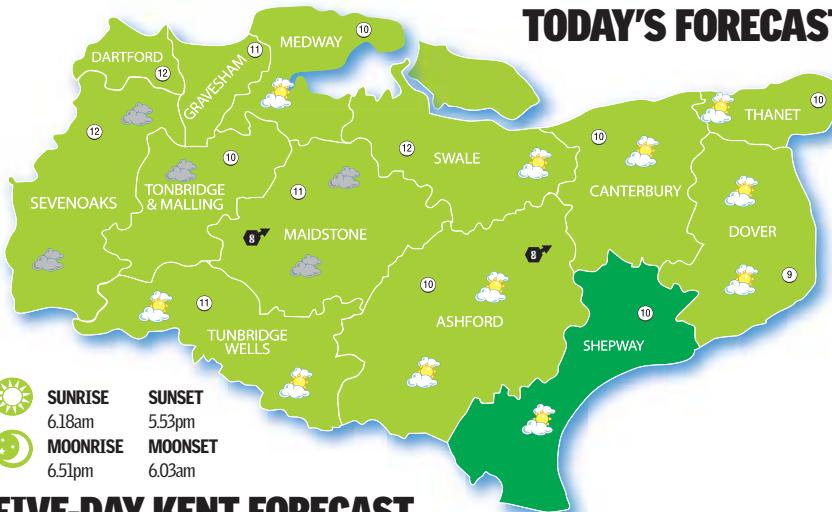
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DOVER - DUNKERQUE FERRIES**TODAY'S FORECAST****WEEKEND HIGH TIDES**

Chatham	Saturday	2:52pm	6.1m
	Sunday	3:25pm	5.9m
Dover	Saturday	1:03pm	6.5m
	Sunday	1:36pm	6.4m
Dungeness	Saturday	1:03pm	7.6m
	Sunday	1:39pm	7.3m
Ramsgate	Saturday	1:33pm	5.0m
	Sunday	2:06pm	4.8m
Sheerness	Saturday	2:42pm	5.8m
	Sunday	3:15pm	5.6m
Whitstable	Saturday	2:56pm	5.2m
	Sunday	3:24pm	5.1m

AROUND THE WORLD YESTERDAY

Amsterdam	7°C	Madrid	15°C
Athens	16°C	New York	14°C
Barcelona	15°C	Paris	10°C
Beijing	8°C	Rome	14°C
Bombay	32°C	Sydney	22°C
Cape Town	31°C	Tenerife	20°C
Cardiff	9°C	Tokyo	11°C
Gibraltar	16°C	Vancouver	5°C
Hong Kong	17°C	Warsaw	4°C
Las Palmas	20°C	Wellington	17°C

FIVE-DAY KENT FORECAST

	Thur	Fri	Sat	Sun	Mon		Thur	Fri	Sat	Sun	Mon
Ashford	11°C	12°C	12°C	12°C	12°C	Gravesend	11°C	12°C	13°C	12°C	12°C
Canterbury	9°C	10°C	12°C	11°C	10°C	Maidstone	11°C	11°C	12°C	12°C	12°C
Chatham	10°C	10°C	12°C	10°C	11°C	Ramsgate	9°C	10°C	12°C	11°C	10°C
Dartford	11°C	12°C	13°C	12°C	12°C	Rochester	10°C	10°C	12°C	10°C	11°C
Dover	9°C	9°C	10°C	10°C	10°C	Sevenoaks	9°C	10°C	11°C	10°C	10°C
Faversham	10°C	10°C	12°C	10°C	11°C	Sittingbourne	10°C	10°C	12°C	10°C	11°C
Folkestone	9°C	9°C	10°C	10°C	10°C	Tonbridge	11°C	12°C	12°C	12°C	11°C
Gillingham	10°C	10°C	12°C	10°C	11°C	Tun Wells	11°C	12°C	12°C	12°C	11°C

Home Office says family of killed Gurkha can stay in UK

THE widow of a Gurkha soldier killed in Afghanistan has been told she and her two children are free to stay in the UK.

Colour Sergeant Krishna Dura, of the 2nd Battalion The Royal Gurkha Rifles, based at Shorncliffe Barracks, Folkestone, died last October in the Musa Qala district of Helmand Province when the vehicle in which he was travelling was struck by a roadside bomb.

His widow Uma and their two young daughters had no automatic right to stay in the country following the tragedy and feared deportation. However, earlier this week the Home Office announced the family would not be forced to leave their home.

C/Sgt Dura's wife and children live in Canterbury MP Julian Brazier's constituency, and the Tory politician had been campaigning on their behalf.

Gratitude

He said: "I am delighted by the news. Krishna Dura made the ultimate sacrifice on behalf of this country and this was the least we could do to express our gratitude to him and his family."

C/Sgt Dura, 36, came from the Lamjung district of Nepal and was enlisted into the British Army in 1992. He was quickly promoted through the ranks and then selected for the Gurkha Reinforcement Company with 2nd Battalion The Parachute Regiment, serving with distinction before joining The Royal Gurkha Rifles in 1997.

An experienced senior non-commissioned officer, C/Sgt Dura had tours in Bosnia Herzegovina, East Timor, Sierra Leone (twice) and was on his third tour to Afghanistan at the time of his death.

TV star Joanna Lumley, who is the figure-head of the Gurkha Justice Campaign, was among those who called for the Home Office to allow his family to remain in Kent.

Richard Hammonds

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QUESTION & ANSWER

NEIL KEFFORD



Q&A

Invicta FM DJ Neil Kefford talks to **Tom Betts** about his early love of radio from practising in his mum's kitchen, the constant buzz of being on air and what he does when the buttons get the better of him

Q How did you get into radio?

A I wanted to be in radio from an early age. Aged five or six, can't quite remember, one day off school I was in the kitchen playing at being on the radio.

Two cassette-players, mine and my sister's, I'd turn one tune off, talk to myself and then play another song. Weird thing is, I'm pretty much doing the same thing for a job right now. The only difference, I don't do it in my mum's kitchen any more!

Q When is your show on and how long have you done it?

A My Drive Time show is on weekday afternoons. Starts at 4pm, ends at 7pm. And I love it. I've been doing it three years now. I remember the day I walked in the building for the first time, it was very exciting, and it seems like just last week. Time flies when you're having a bundle of fun.

Q What advice would you offer a potential DJ?

A Depends on which sort of DJ-ing you mean. Nightclub DJ-ing's very different from radio-presenting. Nightclubs, practise for hours on your equipment, it's all in the mix and presenting your music, with minimal speaking.

On the other hand, on the radio it's all about the speaking. Very different. If you want to get

into radio, first make sure you love it, or the idea of doing it, and then be prepared to work for nothing. I did voluntary hospital radio, it's a great place to start, you'll learn a lot and I really recommend it.

Q What is the best thing about presenting a radio show?

A It's a buzz for three whole hours, and you know it is because the time just flies by. There's not a moment you can take your eye off the ball – you have to concentrate and when things work out the way I planned, it's a brilliant feeling. Add to that the great phone-calls and texts I get from listeners, all good stuff.

Q What is the worst?

A When it all goes wrong and listeners look at their radio and think you're a plumb. I try to laugh it off, saying that "Yes, I am stupid". I'm not the most technical guy in the world, so sometimes it's a bit of a struggle. Too many buttons, not enough brain!

Q How much planning goes into an average show?

A I plan every show carefully. I know, listening to it, it can be hard to believe! But everything that happens on the radio has to be carefully timed. Time is very important. So knowing what you're going to do and when

you're going to do it is very important, too. I write everything down and the trick then is to make it sound conversational. Sometimes I manage it better than others.

Q Do you look to emulate another DJ's particular style?

A There is one guy who I thought was, and still is, a brilliant communicator. He also has a similar sense of humour to me. It's Simon Mayo. He had a superb breakfast show back in the late 80s and early 90s – it was just the best thing I'd ever heard. It was that that made me realise the job I was doing at that time was not what I really wanted to do. What I really wanted to do was radio, just like Simon Mayo.

Q What are your hobbies and interests?

A Sport, any sport. I don't play anything now, but I love to watch sport. I used to play a lot of rugby. I was OK, as well. So that is my sport of choice, but anything will entertain me.

Q Where in Kent do you live?

A I live in Thanet. I've been in Kent for the three years I've been at Invicta FM. But I've been to Kent a million times, not least, of course, because I married and divorced a Kent girl: Sharon from Margate... you might know her?



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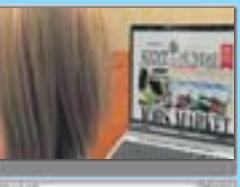




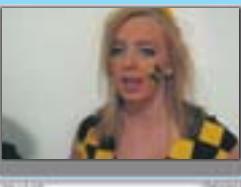
Food for Kent website is launched by KOS Media. Search 'food'



Folkestone is rocked by another earthquake. Search 'earthquake'



Go Green - Read It Free On Screen TV commercial. Search 'green'



Students talk about Marlowe Academy Fashion Show. Search 'Marlowe'



Police launch crackdown on drivers not wearing seatbelts. Search 'police'

EDITOR'S CHOICE

You can view all these videos and others from around the county with the click of a mouse at...

yourkenttv.co.uk

Historic tour had me flying high out of economic gloom

■ BY SIMON ROBINSON

IN these darkened days of almost apocalyptic credit crunch misery, there's precious little to put a smile on our frown-filled faces.

The housing market is in freefall, the banks have posted record billion pound losses and thousands of workers are being made redundant nationwide each day. Gillingham FC will probably miss out on promotion too.

In these desperate times it's important to seek out moments of positivity – things which will hopefully help turn that frown upside down.

My pick-me-up came by way of an hour-long helicopter tour of Kent.

The county boasts a plethora of historic landmarks and seeing them in all their glory from 1,500ft was simply breathtaking.

During the county-wide tour we cruised over sites such as Canterbury Cathedral and Leeds Castle, taking in the picturesque sights from the comfort of our £1 million chopper – previously owned by '80s electro legends Depeche Mode no less.

There is something strangely relaxing in looking down at the world from on high – with the unfamiliar view of familiar towns, motorways, castles, harbours and so forth rendering myself and my fellow passengers speechless.

The Kent tour took us in a giant circle, starting at Rochester Airport before heading east to Whitstable, then on to Canterbury, Dover, Cranbrook, Tonbridge, Sevenoaks and Maidstone before returning to base.

At each location we slowly circled popular tourist attractions.

Dover was a particular high-point of the flight,



HIGH POINTS: The county boasts a plethora of historic landmarks and seeing them in all their glory from 1,500ft was simply breathtaking – they included Leeds Castle (above) and the cathedral in Canterbury (above right)

Pictures TONY STIGLE



with the clear blue skies giving a spectacular view of the Channel as ferries made their way to the Continent.

Dover Castle and the White Cliffs also shimmered in the sunshine.

The sights between each town were just as impressive. Acres of green fields stretched out into the distance, dissected by snaking motorways and major roads.

Luxury mansions and manor houses – seemingly inaccessible by road – also peppered the rolling countryside.

Intermittent cloud cover plunged swathes of the county into darkness, while dozens of rays of sunlight fought their way through the darkness, shining dots of light on the ground below.

Such overpowering sights block out the constant whirr of the helicopter blades.

The tour was by AV8 Helicopters, based at Rochester Airport, and cost £150 per person.

Describing its Hellfire Tour, an AV8

spokesman said: "We invite you to experience the sights that gave Hellfire Corner its name. Take off from Rochester Airport and fly along the famous White Cliffs of Dover.

"You can see the gun emplacements, shell holes and fly over historic Dover Castle. We progress along the coast to Folkestone where the Battle of Britain Memorial stands out at Capel-Le-Ferne and you get an idea what RAF and Luftwaffe Pilots must have felt in their Spitfires and ME109's as they battled for supremacy during the Battle of Britain.

"We take in Hawkinge, a World War II fighter airfield, before turning in-land passing over many other historical sites on the way to view the home of Winston Churchill at Chartwell, then return along the North Kent coast passing the majestic Canterbury Cathedral and return to Rochester."

For more information visit www.av8helicopters.co.uk or call 01634 672288.

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Massive response to our campaign

A HUGE response has greeted the first week of our Buy Local Produce campaign – with suppliers, shoppers and even star names flocking to get behind it.

It seems everyone is embracing the concept of buying locally produced food and drink – and in doing so supporting the grassroots economy.

The Buy Local Produce campaign aims to support rural communities by calling on our readers to demand locally sourced and produced goods; to shop from farmers' markets and farm shops; to insist restaurants put the best in local produce on their menu.

To see this clip search for 'food' @ yourkenttv.co.uk



■ BY CHRIS BRITCHER

To spearhead the campaign we have launched the website www.foodforkent.co.uk, where you can now buy all your family's food and drink needs in one place. What's more, the prices can even save you money in these tough, recession-hit times.

We've teamed up with a host of Kent's best-known suppliers of vegetables, fruit, fish, meat, breads, wine and beer to already offer an unbeatable one-stop shop of the best of the Garden of England. All of the products encapsulate what buying local means. By not being transported hundreds of miles from our farms to distribution centres around the UK

Go behind the scenes of foodforkent.co.uk

WE WANT you to feel completely confident using our great new service – so why not take a glimpse behind the scenes and hear directly from the people behind the www.foodforkent.co.uk site themselves?

We sent a video crew down from our sister website – the free, broadband TV www.yourkenttv.co.uk.

Presenter Julie Maddocks took to the great outdoors to meet the people behind the project, the producers delivering their goods – and the care taken in packing your goods ready to be delivered direct to your door.

- To access the clip, simply visit www.yourkenttv.co.uk and enter the word 'food' in the search bar. Then click on the clip headlined 'www.foodforkent.co.uk'.



and then back down to our supermarkets, the food from www.foodforkent.co.uk is packed with freshness. What's more, aside from flavours that pack a punch and tastes which tantalise the tongue, the lack of processing and travelling means all the nutrients and goodness remain, so it's better for you too. If there are fewer food miles, then the environment also benefits.

And if Kent's economy enjoys a boom, then we're helping safeguard the businesses, jobs and traditions on which our county's heritage is built.

For now our team behind the site – who have years of experience in sourcing, delivering and maintaining relations with established, reputable local suppliers – are ensuring those who have been in touch fulfil our tough criteria of quality, health and safety; price, value, reliability of supply and, of course, ensuring the produce comes from Kent.

So why not try the site for yourself today? Filling up your online basket could not be easier. Just browse the variety of products available and with a click of the mouse you can start adding them to your order. It couldn't be simpler. Log-on today at www.foodforkent.co.uk.

The Buy Local Produce campaign is supported by Produced in Kent, the non-profit organisation backed by KCC and Hadlow College.

Supplier	Item	Price (£)	Change (£)
foodforkent.co.uk	Carrots (1kg)	£48.38	
Sainsbury's	Carrots (1kg)	£50.64	+£2.26
Tesco	Carrots (1kg)	£49.32	+£0.94
Waitrose	Carrots (1kg)	£61.01	+£12.63

Basket price comparison

Sample baskets contain: Granary bread, two pints milk, 4 x 150ml yogurts, 4 x Spitfire Beer (500ml), 500g Red Grapes, 1kg Gala apples, 1kg Conference pears, 4x oranges, 1x large mango, 1kg clementines, 2kg potatoes, 1kg onions, 1kg carrots, 1x Savoy cabbage, 1x red cabbage, 1kg broccoli, 500g purple sprouting, 1x cauliflower, 600g chicken thighs, 500g pork sausages, 250g back bacon, 500g braising steak. Date: 24 February 2009. Source mysupermarket.com. Closest match applied. Excludes Express and Metros. Excludes delivery charge. Red number indicates price difference.

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High Meadow
126-128 Old Dover Road
Canterbury
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BREAK TIME

Squaring the circle

MATHS teachers at the Marsh Academy and Folkestone School for Girls have joined together to form a cycling club.

Known as Mathlete, it became open to maths teachers in December last year and its mission statement reads:

"To establish and maintain a team of road bike riders of mathematics teachers which apply mathematical skills to support us in performing well in national race and cyclosportive events."

"To be a good role model to our pupils, via publicity, sport and mathematics."

The official team jersey was designed and dedicated to the club by year eight Marsh Academy pupil Adam Howes. To find out more, go www.mathlete.org.uk.



HOWES THAT?

Mathlete jersey

Building the dream

CONSTRUCTION students at South Kent College were among those competing in a warm-up for the 'skills olympics'.

Plasterers, builders, painters and carpenters will be taking part in the international SkillBuild competition, in London in 2011, and Kent colleges are making sure their entrants are up there with the best. South Kent's Shorncliffe Road campus held its event on Friday to encourage more young people to enter the regional SkillBuild contest, leading up to the national and international finals.

Students in all the county's further education colleges are holding a Skilled Up contest and will be assessed in categories including carpentry, joinery, painting, decorating and plastering, competing to standards judged by industry professionals.



HIGH PRAISE: St Mary's Primary School staff, parents and pupils have been delighted by Ofsted's conclusions

St Mary's leading the way

ST MARY's Primary School has been praised for its leadership and management after receiving the second-highest category in its recent Ofsted report.

The voluntary-aided mixed school in Warren Road, Folkestone, which has 448 pupils, was graded 'good' in every assessment, including steps taken since the last inspection three years ago.

The report said children started school with skills and knowledge below those expected for their age but because of the well-organised and caring environment they made quick progress, with one parent quoted as saying "This is a great school, we are so lucky".

The report said: "Pastoral care and support,

■ BY JAMES ALEXANDRE

particularly for those pupils who need very specific help both in and out of class, is a real strength. Parents and pupils talk enthusiastically about the 'special' work of the inclusion manager and family liaison and children's officers, who provide excellent support for those who need very specific support."

"Pupils' progress is tracked in great detail to give a quick response to any who might be falling behind."

Standards of those who enter in year one are just below average, but they then pick up and develop crucial skills throughout, reaching broadly average levels in English and maths by the end of Key Stage One.

Pupils are still below the national average in

writing and few achieve the higher-level three in any subject, with progress varying between classes in years three and four. But inspectors point out that because of the good curriculum and teaching in years five and six, their progress accelerates.

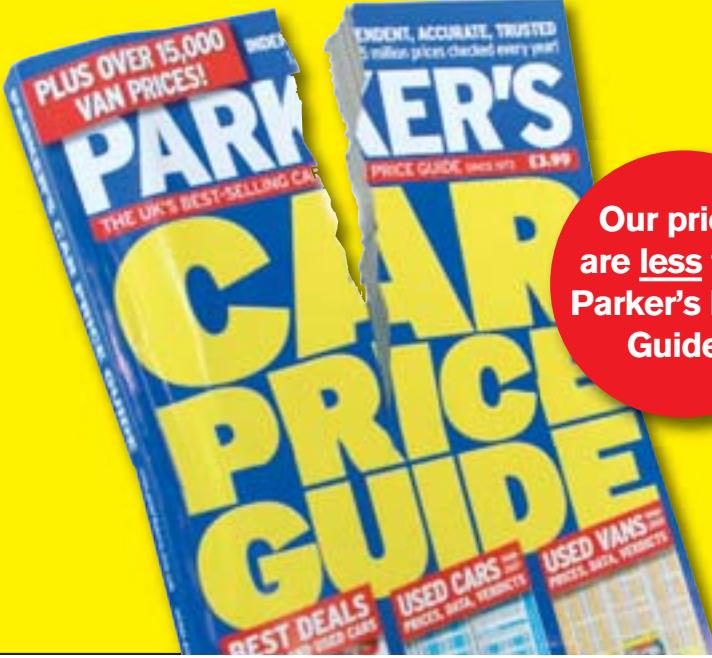
By the end of year six, above-average standards in English, maths and science are reached, with an increasing proportion of students achieving the higher level five.

Head-teacher John Bird said: "We are very pleased. St Mary's was graded as 'good' across all aspects, which we feel reflects the hard work of pupils, teachers and parents."

"This is a very exciting time for the school as we develop learning experiences to prepare children for life in the modern world."

"We intend to use this positive report as a springboard for further improvement."

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yourshepwayblogger

This week's writer bares his soul about what will be a miserable experience on Friday

It's crunch time for our guilt donating on Red Nose Day

FEELING guilty is something I am very good at. In fact, it's something of a speciality subject of mine.

If I feel like any of my actions has prompted hassle for someone, it gives me a pang of pain. It's really quite annoying. But also very British.

And on Friday we will all be feeling guilty for a variety of different reasons. Because Friday is Comic Relief Day.

Now, on the face of it, this should be a case of celebration. Of light-hearted fund-raising which helps put a smile on our face and a glow in our heart. The reality will, for me at least, be an evening of getting emotionally scarred and made to feel as guilty as guilty can be.

I doubt I will be alone. After all, it's by mining the deep seam of our collective British guilt that the charities end up raising so many tens of millions of pounds.

Friday, for example, will go something like this. You will wake up and find every BBC radio

and TV show from local to national with an obligatory 'zany' section injected into it. It will be vaguely amusing on BBC One, over the top on Radio 1 and just plain unfunny by the time you've tuned in to Radio Kent.

As you stroll to work you will pass people in 'hilarious' fancy-dress collecting cash in buckets. You will give money because you hope it will address your guilt for the day.

It won't. By about mid-afternoon you will think you should be doing something to help out the national effort – and so collect or just donate to an inevitable collection in the office.

By the time you get back home and put your feet up to watch the telly, Comic Relief will already be a few quid better off thanks to your generosity.

Then you'll tune into BBC One. You'll be tricked at first by watching Dr Who touch down in Albert Square or some such silliness. And you'll hover for just a few moments too long. Before you know it they'll be cutting to Billy Connolly in a poor African village. You'll think

"ah Billy Connolly, he's always funny, isn't he?".

It will be a mistake. The story he will highlight will be of unbelievable deprivation and sadness. It may have an uplifting ending, but it will rip your guts out with a guilt trip which will reduce you to a blubbering mess.

You'll feel so guilty you'll start thinking how you must get the debit card out and fire up your laptop for a bit of online donating.

By the time you've seen a couple more of these films you'll be happy to donate a lung if it means these people get whatever it is to ease their suffering.

But the difference this year is a very different sort of guilt. And that is of simply not having the spare money to give a decent slice to charity. And that is a guilt which will be hard to bear.

EDITOR'S NOTE: All blogs are supplied with full name and address of the authors. They do not reflect the view of the newspaper but are designed to give our readers the chance to air their views.

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LET US KNOW...

If there is a story in your area you think we should be covering, contact the editor,

Dave Mairs, on 01303 817022, or email him on the details above. If you want to be the next

Shepway blogger, then all you have to do is submit an article to us (of about 550 words) and email it to the editor. And don't forget, for all the latest news and video from your town,

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Write to The Editor, Yourshepway, KoS Media, Apple Barn, Hythe Road, Smeeth, Ashford, Kent TN25 6SR.

* We cannot guarantee all articles will be published and all are at the editor's discretion

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Hi I'm Sam, 22, looking for a relationship. I'm blonde, have brown eyes, love cosy nights in and cinema, looking to share a relationship. Box 447871

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Single mum, 23, nice and curvy, 5ft6, blonde, blue eyes, likes shopping, cinema and animals, WLTM an honest and trustworthy male, 28-38. Box 446099

BLONDE BABE LIKES FOOTIE!

Fun-to-be-with, blonde female, 25, 5ft2, a woman who loves football! Enjoys going out and staying in, looking for a like-minded man, to be her scoulmate. Box 446494

GETTING TO KNOW YOU...

Sociable girl, 28, loves pubs, social drinks, meeting new people & more, seeks similar male, 58-62, for a lasting relationship. Box 446756

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ANIMAL LOVER?

Cute, 31, 5'4", size 12, dark hair, with blonde highlights, tactile, WLTM intelligent, professional, attractive guy, for a happy relationship. Tunbridge Wells. Box 308734

FUN-LOVING FEMALE

Attractive, 31, 5'4", size 12, dark hair with blonde highlights, tactile, WLTM intelligent, professional, attractive guy, for a happy relationship. Tunbridge Wells. Box 308734

A NEW FUTURE!

I'm Rachel, 35, medium, enjoys pubs, clubs, cosy nights in, cinema, theme parks, looking someone to share things with. Box 446591

SOUND GOOD?

Hello I'm 35, kind, caring and non-smoking, enjoy cooking, cinema, music, dining in and out, looking for that special someone to enjoy a relationship with. Box 447595

ON A ROLL!

Hi I'm Alison, 36, 5ft5, single mum, loves swimming, roller skating and meeting new people, looking for a male for friendship, maybe leading to more. Box 448865

CLOSE ENCOUNTER

Loving, caring, tactile female, 36, 5'8", blonde hair, blue eyes, N/S, GSOH, likes cinema, bowling, country pubs, nights in/out, seeks male for friendship and LTR. Box 827619

YOUNG AT-HEART

Attractive 38yr old female, dark hair, blue eyes, curvy physique, likes days out, music, concerts, cinema, walking, cycling, seeks loving, fun male, for friendship/relationship. Box 901893

FULL STEAM AHEAD

Seeking genuine, sincere, honest guy who likes to have fun, I'm a friendly, 40yr old female, like cats, wind surfing, railway trips, cafes. Box 449747

A NICE BOTTLE OF WINE

Loveable, 36, blonde, 5ft5, petite, bubbly and loving, enjoys theatre, music and eating out. WLTM a professional, loving and tactile male for a relationship. Box 442531

NO TIES

Lonely, bored, professional Tunbridge Wells Asian lady, 40, WLTM slim, single, solvent, professional white male 40-50 for company, fun, love and laughter. Box 445373

THE HOME LIFE

Happy, caring female, horsey, tactile and honest, I'm black African, 41, 5ft2, medium build and would like LTR with the right person. Box 446024

LIFE IS GIVING LOVE A GUARANTEE

Down-to-earth lady, 42, sincere, honest and reliable, looking for a male for friendship first, going out, enjoying evenings and perhaps something more later on. Box 449712

SATURDAY NIGHT AT THE MOVIES!!

Single mom, 43, kind, devoted, likes walks, cinema, beaches and socialising, drinks and films, seeks similar man for lasting love. Box 449586

AIMING HIGH

Female 49, 5ft4, long hair, slim, likes eating out, the beach, travel, seeks a friendly chap, 49-55. Box 417100

CARING & PROFESSIONAL

Female 49, 5ft4, long hair, slim, likes eating out, the beach, travel, seeks a friendly chap, 49-55. Box 417100

GOOD TIME GIRL

Outgoing young lady, 43, blonde hair blue eyes, 5ft4, works hard, loves socialising, partying, meeting new people, looking for similar male to enjoy happy times with. Box 449157

LOVE TO LOVE YOU

Lovely female, 36, 5ft4, medium-large build, blonde hair, blue eyes, own house, loves walking, going out, the usual! Seeking male for long-term/serious relationship. Box 438102

GIVE AND TAKE IN LOVE

Loving loyal female, 30, blue eyes, brown hair, seeking LTR with male 30-35, 5ft6, no baggage, in the Maidstone area. Box 448471

GET A STRIKE

African, single mum, caring, adventurous, generous, 30yrs old, medium build, I love cinema/TV, music, bowling, shopping, cosy nights in. Box 882878

LTR WANTED

Easy-going black female, 32, medium build, likes football, cooking and socialising, looking for a non-smoking, loving and caring white male, 25-48. Eastbourne. Box 446684

NO TIMEWASTERS!

Easygoing female, 32, enjoys shopping, football, eating out, cosy night in, WLTM loving, caring white male 35-47 for long term loving relationship. Box 444214

AND THE SPARKS WILL FLY

Bubbly lively lady, 5ft7, outgoing, 33, honest, reliable, looking for someone to get to know and see what happens. Sittingbourne. Box 449585

MEND A BROKEN HEART

Single mum, 37, fun-loving, been hurt in past, looking for nice, genuine guy for hopefully happiness - no time wasters! Box 908053

SEIZE THE DAY

Loving female, 36, 5ft4, brown hair, green eyes, likes socialising, staying in, sees genuine male for friendship and more. Box 446666

ATTRACTION FOR COURSES...

Caring, loving, affectionate female, 30, 5'2", blonde, likes walking, horse riding, animals, seeks affectionate male, 30-40, for lasting, loving relationship. Box 398401

HORSES FOR COURSES...

Caring, loving, affectionate female, 30, 5'2", blonde, likes walking, horse riding, animals, seeks affectionate male, 30-40, for lasting, loving relationship. Box 446099

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Loving, tactile, genuine, considerate male, 42, life of the party, loves swimming, music, cinema, reading, WLTM the girl to spend great times with... Box 449550

LEAN ON ME
Very romantic, caring & loyal male, 44, slim, blue eyes, fair hair, GSOH, seeks lady with similar interests for hopeful long term relationship. Hastings. Box 446120

ALONG THE SHORE
Considerate, reliable guy, 44, slim, 5ft11, I like days out, the coast, nights in, pubs. WLTM kind female, 30-52, for friendship, leading to LTR. Box 448919

WHO KNOWS?
Single black Londoner, 48, tall, very attractive, smart guy, loves travelling, women, eating out, seeking loving lady for a passionate, lasting relationship. Box 449415

LET'S GET TOGETHER
Normal bloke, 50, non worker, with normal interests, seeking a like-minded slim lady, 45-50, for LTR. Box 448957

VERY LOVING GUY
Shy laid-back male, 56, 6ft2, quiet, likes walking my dog, gardening, films and more, seeking female to meet and get to know. Box 449877

ONLY YOU
Michael 53, 5'9", widower, brown hair/blue eyes, likes walks, eating out, loves cinema, reading, conversation, seeking a good and the bad with. Box 449436

FANCY A FILM?
Shy but outgoing male, 45, 5ft8, short dark brown hair, hazel eyes, stocky, really looking for genuine, trustworthy, loyal woman for love. Box 449097

DOWN TO MARGATE!
Young-looking, slim male, 43yrs old, 5ft10, enjoys beach walks and cinema, WLTM a mature lady for a committed long term relationship. Margate. Box 447106

YOU COULD BE MY EVERYTHING
Professional male, 34, 6ft, likes professional, cinema, live gigs etc. looking for a considerate female to share the good and the bad with. Box 449436

UP FOR IT?
Maidstone male, 33, 6ft, muscular, fair hair/blue eyes, likes Thai boxing, pub, having fun, cosy nights in, house/hip hop music, WLTM loving, attractive, slim female. Box 162939

MADE TO MEET?
Honest upbeat gent, 33, mousey brown hair, 5ft9, into sports, running, football and socialising, looking for a good-hearted, decent girl who likes a laugh. Box 449818

DOWN BY THE BEACH
Hi I'm Kevin, 37, 6ft1, medium build, loves cinema, music, walks and the sea, seeking similar girl to find love with. Box 449844

I'M YOURS
Hello, I'm male, 34, 5ft8, blue eyes, I'm a single dad and enjoy swimming, social drinks, having a laugh. Box 449751

MADE TO MEET?
Honest upbeat gent, 33, mousey brown hair, 5ft9, into sports, running, football and socialising, looking for a good-hearted, decent girl who likes a laugh. Box 449818

EVERYTHING I DO
Lee, driver, 36yrs old, 6ft3, dark hair, like pubs, clubs, wine bars, places of interest, sports and reading. WLTM a woman for friendship and romance. Box 880720

TRUSTWORTHY
Margate male, 37, 6ft3, dark hair, nice big build. I work in residential care which I love. I'm down-to-earth, kind, tactile, with a GSOH. Box 423437

LONESOME LAD LOOKING FOR LOVE
Blond 39y old lad, blue eyes, education, attractive, solvent (just), genuine, loyal, adventurous and definitely different. Seeks beautiful future with someone like you. Box 885814

GOOD ATTRACT YOU?
40yr old dad of 2, dark hair, loves outdoor/country life, keeping active, N/S with GSOH. WLTM warm hearted woman. Box 882048

WARM HEARTS OF LOVE
Loving male, 40, 5ft10, slim, black hair, looking for long term romantic relationship with loyal, kind, considerate, romantic girl like me. Box 449672

ANYTHING IS POSSIBLE
Art-loving 40yr old, 5ft9, brown hair/eyes, into motorbikes and weight-lifting, looking for a trustworthy female for friendship to start off with, then who knows? Box 448928

THE WIND BENEATH YOUR WINGS
Guy of 40, outgoing, fun, tall, told I'm handsome, easygoing, looking to meet a nice, attractive lady to sweep off her feet. Box 883376

LOVE ON THE DANCEFLOOR
Outgoing, young-minded male, 47, smoker, likes war games, books, cinema, castles, places of interest, seeking similar woman to boogie on the dancefloor with. Box 448248

SEARCHING FOR LOVE
Genuine single female, 41, worked hard all my life now need to find love, seeking loving lady to have loads of fun and more. Box 884098

ATTRACTIVE, BUBBLY LADY
52yrs, 5ft6, blonde, size 12 enjoys good food/drinks, theatre, cinema, holidays, seeking a sincere, genuine female, for friendship first, possibly relationship. Box 414124

ROB THE BUILDER
Medium build lad, 43, olive skin, looking for a genuine lady to spend the good and the bad times with. Box 447658

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WHO can resist the delicious smell and sizzling sound of bacon cooking? Bacon Connoisseurs' Week (March 16-22) is a great excuse to tuck into a mouthwateringly tasty bacon sandwich. Anyone can make a butty, of course, but we believe that once you've tried our technique, you'll be in bacon butty heaven!

First, cut two thick slices of soft, warm bread and spread on a thin layer of butter. Always use the best quality bacon you can find – look for the Quality Standard Mark on the pack – and grill until perfectly crispy around the edges. Place the bacon on the bread but don't be tempted to reach for the ketchup or brown sauce. Instead add a generous dollop of The

English Provender Company's scrumptious Organic Sweet Tomato & Chilli Chutney. It's wonder-



fully sticky, with just the right amount of fire from plump red chillies. Our idea of perfection!

But if you like a fruitier taste, go for a spoonful or two of English Provender's Ploughman's Plum Chutney. Full of generous chunks of juicy plums, it'll get your taste buds tingling. All their chutneys are all made by experts using the finest ingredients – which is just what your bacon butty deserves.

To help you create a bacon masterpiece, English Provender is offering you the chance to win the perfect bacon butty kit, worth up to £55. The fantastic unique George Foreman 'Grill and Melt' family sized grill

which lets excess fat drip away and allows you to cook your bacon faster, plus a jar each of Organic Sweet Tomato & Chilli Chutney and Ploughman's Plum Chutney from English Provender. We have eight 'Grill and Melt' George Foreman grills plus chutney to give-away.

To enter, simply answer the question below and send your entry on a postcard along with your e-mail address (if applicable), name, address and daytime telephone number to English Provender Comp, KOS Media, Apple Barn, Smeeth, Ashford, Kent, TN25 6SR. Closing date is March 16, 2009.

Question: When is Bacon Connoisseurs' Week?

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TALK TIME

**RAY
JOHNSON**

The Folkestone Rotarian and insurance broker tells us about running his ninth London Marathon and his involvement in civic and commercial life



Tell me a little about yourself.

I come from Saffron Walden in Essex but have lived in Shepway for the last 25 years. It's a great place to live, work and play – particularly the coastline where I do a lot of running.

When did you first become involved in the Folkestone Rotary Club?

When I was a lad I was always taught that if you are going to do a job, it's worth doing well and so give great attention to detail in just about everything I do, including my work as an insurance broker at Independent Insurance Services. Incidentally I set my first business up when I was eight years old, Ray's Model Railway Club, as the local club thought I was too young to join. I am involved with other organisations, including chairman of the Channel Chamber of Commerce and a member of Folkestone Running Club. I am also involved with the Shepway Economic Regeneration Partnership, Kent Sustainable Business Partnership and with a few environmental and networking organisations.

Tell me about your ninth marathon race this year and what you're hoping to raise.

This year I shall be doing my ninth London Marathon in a row for Kent Association for the Blind. I have raised over £30,000 to date. It's tough doing a marathon, but I enjoy raising awareness for the charity and funds. To donate and find out more please go to www.justgiving.com/rayjohnson.

YOUR LETTERS

EDF nuclear plan made me smile

The Yourshepway report on the prospect of a new power station for Dungeness being built by EDF does bring a wry smile to my face and many others here in Folkestone.

The reason: could EDF actually manage this particular project and, for that matter, the existing station?

Just look at the state of the street lighting here in Folkestone (and possibly all over the county) and you will, I hope, see my point. EDF cannot get even this right, with many lamps out of order for months.

The county council admitted to me last year that it has problems with EDF repairing them because of a shortage of specialist teams.

It got so bad last year our own county councillor was considering asking local MP Michael Howard if he could help by asking the Secretary of State to intervene.

KCC highways director Geoffrey Mee was also threatening to resort to involving the regulator.

All of which, I think most readers will agree, was an absolutely crazy way of trying to resolve such a simple matter.

Emails to Mr Vincent de Rivaz, the chief executive at EDF UK, last year were ignored and brought no response – and a year on we still have street lights all over Folkestone not working.

I do not know the circumstances behind the newly-placed sign at the top of



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The Road of Remembrance by KCC apologising for the lack of lights, but I am told on good authority that street lights in The Old High Street have been waiting for EDF to repair them for a considerable time now.

Even more spectacular is the matter of the new road signs that show visitors to Folkestone what spaces are available in the town centre car parks.

The reason they are not working? They cannot get EDF

to connect the power to them even though they have been installed months ago.

Should we therefore trust this company to run a nuclear power station when it claims it cannot get or retain skilled staff to maintain Kent's street lights?

Finally, if anybody should see a street lamp not working, go to www.fixmystreet.com/ and report it there.

By reporting it to this particular website, it gives everyone the chance to see if it has been previously reported and how the repair is progressing with Kent County Council.

In this way we may also shame EDF into doing something about our street lights.

Brian McBride
Folkestone

BNP can help make Britain great again

With reference to the result of the BNP capturing the seat in Swanley, this did not come as a surprise in the present climate, with the Labour Party taking second spot and the floundering Conservative candidate in third place.

We need change in this country, and the change being in favour of the British people.

What the BNP says is happening in this country is true, and the get-back of the opposing parties is to condemn it as being racist.

The fact is people are coming to their senses, and are sick of these creepy-crawlies that dictate to us. We want back the feeling of a country to be proud of, and not of Big Brother.

We, the British people, are the

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discriminated ones, this government should put our rights first. Our young with no job prospects, our old on the poverty line, struggling in adversity.

The Government's priorities should be for our people and not to the people that flock to this land of milk and honey.

Charity begins at home and at this moment in time it is desperately needed.

Our servicemen and women, our struggling householders led up the garden path and facing repossession.

Those ill and waiting at the back of the queue for operations. Our skilled workers that cannot get a job because places are taken by workers from other countries. What hope is there for our younger generation?

As for the greedy bankers and their banks *etc.* Bonuses, for what? Their contribution in bringing this country to its knees? Let us awake, and with haste, for this country needs drastic change. It is that, or it sinks fast.

I for one stand by our people, their rights, their hardships, their loyalty through two world wars and present conflicts, those maimed, mentally scarred, deprived of their rights.

This body that made this country great, is it now in safe keeping?

Think and with your thoughts, look to our towns and our villages, our traditions, our heritage, our hopes now suffering, and in togetherness put them to the fore.

And make Britain great again.

Maxwell Dunlop
Folkestone

Mr Duff has no idea what party stands for

Recently I stated "You couldn't make it up".

Well, Ray Duff has, once again.

He mentions that the Swanley by-election "was affected by the usual low turnout". Well, Kent on Sunday reported "an above-average turnout".

Seeing as voting numbers confirm the turnout was thus, can we ever expect Mr Duff to be open and frank, for a change?

After his implausible apology last week when his priority should have been expounding the BNP's "true policies and views" – "true hard-line ideology" – "what they really represent" – "hidden agenda".

Sweeping statements, Mr Duff, but very ineffective if you can't back them up with facts.

To add force to his convictions he said last week: "I'd say: don't ignore them; expose their unpleasant policies."

Well, he has certainly been very hypocritical, to say the least, as he has totally ignored me and this paper's readers by not explaining all what I have just mentioned.

So, Mr Duff, the challenge is there. Don't ignore us again. No evasive tactics, either.

Providing it doesn't affect the faint-hearted and people with a nervous disposition, have the courage to prove your assertions.

Failure to do so will consign you to

silence, knowing full well that I have proved you really don't have a clue about what the BNP stands for.

Harry Williams

Prospective parliamentary candidate
for the British National Party
in Shepway

Drive for free parking to save our shops

The news in recent weeks has been full of reports that a large proportion of our local shops could be empty by the end of this year.

Those who use our car parks can't help noticing that the main car parks in Middle Street in Deal and Stembrook in Dover are often half empty during the week.

That's why we are supporting the campaign led by Andy Maple and others for DDC to do something immediate over parking charges to bring people into our towns.

To freeze prices for two years isn't good enough – we want to see some real initiatives such as giving visitors and residents incentives to visit through the parking pricing structure.

Other towns give the first 30 minutes or hour free – why can't we try this approach?

At this week's council meeting on Thursday night we will be pressing for immediate action. Let's act now before it's too late.

Cllr Ben Bam
Leader of the Labour group
Dover District Council

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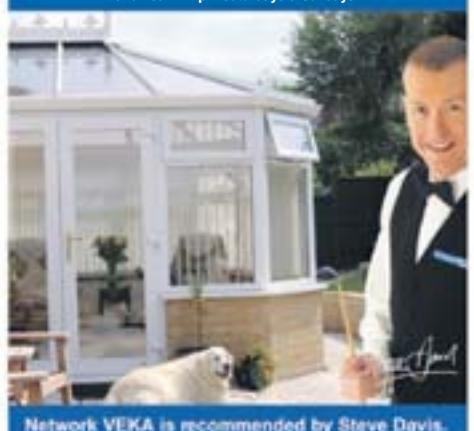


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Stage is set for unsigned bands to make Red List

FIFTY unsigned Kent-based bands have been added to the inaugural Red List Live festival line-up.

The acts will perform across two stages at the Port Lympne Wild Animal Park three-dayer, which aims to raise more than £100,000 for endangered species.

Unfortunately I do not have enough room on this music page to list all of the 50 bands. However, I can tell you that the artists beginning with the letter 'k' are; Krissy and the Jackdaws, Kelly Stanley, Kid iD, Karova and Klaus Says Buy The Record (acoustic set).

The best/most ludicrously named bands on the unsigned bill include Asteroids Broke My Stereo, Wear Wolves, Jack The Rip-Off and ChavTownBand.

Finally, my favourite three 'The' bands on

■ BY SIMON ROBINSON

the list are The Chinese Fireworks Company, The Lucky Face and the boy.the girl.and all the world.

Other acts confirmed to play the June festival include The Wombats – famed for Radio One friendly ditties Let's Dance to Joy Division, Moving to New York and Kill the Director – The Undertones and the utterly unmissable British Sea Power.

Red List Live artist booker Chris Pritchard said: "I am really excited to see some great Kent-based bands playing alongside some of the biggest British and international acts.

"We are proud of the talent that is coming out of the county and this is the chance for many festival-goers to see what is available on their doorstep."

James from music promoter Hevy, which has helped fill the unsigned stages, added: "We can't wait for Red List Live. This fantastic new festival is just what Kent needs."

"To be bringing together Kent's greatest upcoming bands to raise funds for The Aspinall Foundation is truly an honour."

Red List Live boasts a capacity of 15,000 campers.

A standard weekend ticket for adults (over 18) is set at £130. Early bird weekend passes are just £99. A day pass costs £50.

Tickets to the festival also allow entry into Port Lympne Wild Animal Park throughout the course of the weekend.

£5 from each weekend ticket and 50 per cent of all profits from the festival will go to helping endangered species.

For more information about the festival visit www.redlistlive.com.



SIGNED UP: (Left) Klaus Says Buy The Record and Polka Party (above) are two unsigned acts who will play at Red List Live

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FROM THE BEGINNING: My Last Mistake playing live at Zebra Bar



EVENING FOLK: Lucy Kitt plays Laurel Canyon at Orange Street music club



TOP FIVE UNSIGNED CHART

- 1 The Suspects - Ho Said (from Margate)
- 2 Directions - Equality Street (from Maidstone)
- 3 Shelta - Let's Talk (From Bexley)
- 4 The Semantics - Soho- Nympho (Gillingham)
- 5 Euston - In My Headlights (from Deal)

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Your 28 page pull out starts on page 27

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STUNNING: Marvel at the grace of the Shaolin Warriors and listen to one of Chinese folklore's most famous characters, the Monkey King

An Oriental spectacular

The Chinese State Circus is touring outside China for the first time and you won't want to miss the awe-inspiring performances

HIGH spectacle comes to Kent next week in the form of the breathtaking Chinese State Circus.

Boasting some of the world's best acrobats and martial artists, lavish sets, beautiful costumes and the Peking Opera, this production is touring for the first time outside China.

With an array of awe-inspiring stunts and performances to marvel at, the show should provide enthralling entertainment for all the family.

Audiences will be dumbstruck as acrobats back-flip through rotating hoops, divas spin plates, contortionists balance on candelabras and performers demonstrate the ancient art of Chinese pole dancing.

Marvel at the grace of the Shaolin Warriors and listen to one of Chinese folklore's most famous characters, the Monkey King, as he narrates an enchanting performance of the Lion Dance.

To celebrate last year's Olympic Games in Beijing, the Chinese State Circus has put together a show called The Olympic Nations Tour in which world-class acrobats, martial arts

masters and gymnasts present an adrenaline-fuelled spectacular of physical theatre.

Performers include members of the Tai An Acrobatic Troupe, who hail from a city in the foothills of Mount Tai, one of China's five sacred mountains.

For two thousand years the mountain has attracted poets, scholars, politicians and warriors, all in search of tranquillity, enlightenment and personal fulfilment.

The troupe has become very active both in China and abroad, amazing audiences in the US, Canada, France, Spain, Belgium, Italy, Japan, Korea and Singapore. For the first time in the UK, audiences will see electrifying stunts such as 'Motorcycles in the Globe', 'Swinging Poles' and 'Hula-Hula', while other performances are taken to new and even more breathtaking heights.

Four Chinese athletes will demonstrate their supreme talent on a range of gymnastic apparatus, the first time that gymnastic gold medal winners have appeared in the Chinese State Circus.



The Shaolin Warriors have built up a strong fan base and return to the circus with two young masters who are sure to impress spectators with their extraordinary dexterity. With such an exotic selection of talent and skills on display, the show should keep audiences on the edge of their seats.

Performance times vary and tickets are priced from £15 to £29. To book call the box office on 0870 060 6620 or visit the website at www.ambasadortickets.com/the-churchill.

CHINESE STATE CIRCUS

Thursday, March 19, to Sunday, March 22, The Churchill, Bromley



with
JANE CONNOLLY
Email jane.connolly@kosmedia.co.uk

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POP GOES THE 80S

Friday, March 13
Leas Cliff Hall, Folkestone

DANCE around your handbag and remember the decade fashion forgot with Pop Goes The 80s.

Packed with catchy tunes, dubious haircuts and even more alarming outfits, the 80s were a magical time for classic pop artists. Party like it's 1985 at this life-affirming celebration of all that was great about 80s music.

The party is led by cheesy host DJ Max Power, who will spin some of the decade's best-loved pop songs on the decks.

From Spandau Ballet's Gold, Cyndi Lauper's Girls Just Wanna Have Fun and The Bangles' Walk Like An Egyptian to Duran Duran's Rio and Bon Jovi's Livin' On A Prayer, the toe-tapping



nostalgia never stops. Get the creeps as the cast of West End dancers, singers and musicians recreate Michael Jackson's seminal Thriller video and bop your way through the age of the Material Girl.

Whether you hanker for

the days of electro pop or long for some soft rock, there will be something for most music fans.

The show starts at 7.30pm and tickets cost £16.50. Book online at www.leascliffhall.org.uk, or call the box office on 0844 8471776.

SPRING CONCERT

Friday, March 20
Town Hall, Deal

TALENTED duo Simon Hewitt Jones and Daniel Swain (pictured) will give the next in the Deal Spring Concert series.

Violinist Hewitt Jones and pianist Swain have been performing together since 2004, when they established their duo as fellow students at the Royal Academy of Music.

Since graduating Hewitt Jones has established classical ensemble and record label Court Lane Music with his composer brother Thomas. He is also involved with The Virtuoso Violin, appeared as a guest performer at the Palestine Mozart Festival, plays as a soloist and concert master/leader with orchestras and has worked with a number of notable conductors.

Swain read music at St Anne's College, Oxford, before graduating from the Royal Academy of Music with the prestigious Dip RAM qualification and the Vice Principal's Award for Excellence 2005. He has won further prizes, appeared in regular recitals, master classes and competitions and performed with acclaimed artists.

The concert starts at 7.30pm and tickets are from The Sound House on 01304 381134. Find out more at www.dealfestival.co.uk.



LOLA - THE LIFE OF LOLA MONTEZ

Tuesday, March 17
Theatre Royal Margate

THE extraordinary story of a remarkable woman is told in Lola – The Life of Lola Montez, a production by Trestle Theatre Company.

Created in collaboration with Barcelona-based dance company Incrépación, the production relates the tale of 'fake' 19th century Spanish dancer Lola Montez, a woman who seduced powerful men and took her performances around the world.

Irish-born Elisabeth Gilbert reinvented herself as the passionate and seductive Lola, peddling her act as a flamenco dancer without having any training or technique. Somehow she managed to convince audiences she was the real thing, seducing Hungarian composer Franz Liszt and King Ludwig I of Bavaria.



The show features live music from renowned flamenco guitarist Ricardo Garcia, as Lola prepares for her final performance and looks back on her tumultuous life.

A woman who lived as passionately as she danced,

Lola's story contributed to the birth of a celebrity-driven society and is still relevant to today's culture.

The performance starts at 7.30pm and tickets cost £12/£10. To book, call the box office on 0845 1301786 or 01227 787787.

SHEPWAY LEISURE

Stars of the future are picked to play festival

FOUR bands will battle it out to play on the same stage as Supergrass at this year's Sellindge Music Festival.

Four finalists will perform in the final at Folkestone's Quarterhouse on Saturday. They are London's The Little Philistines, Burgundy from Dartford, Canterbury-based Waterhorse and Kent favourites Monday Street. For details see www.sellindgemusicfestival.co.uk.

Give wild animal park your unwanted plants

GARDENERS are being asked to remember the animals during any spring clear-outs of unwanted plants.

Port Lympne Wild Animal Park, near Hythe, is appealing for surplus plants, shrubbery and grasses, as they make excellent enrichment materials for the park's animals.

Phone the Aspinall Foundation on 01303 264647 for details.

Great blues are live as girls come out to play

FOR an evening of live blues, head down to the Royal George in Folkestone.

Described as 'probably the best girls' blues band this side of the Mississippi', ChixWivPix are renowned for quality music. They will be performing at the pub in Beach Street on Saturday.

The gig starts at 8.45pm and admission is free. For more information, call the pub on 01303 249846.

RSPB calls for children to help save rainforest

YOUNG people are being asked to raise funds to help protect the rainforest of Sumatra.

The RSPB is asking children to raise money through sponsored activities such as cycling, hopping, singing and even silences.

Each participant will receive a certificate and set of stickers as a thank-you. Visit www.rspb.org.uk/youth.

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**SHEPWAY SHOPPING****Boost your immunity
with cheaper vitamins**

BOOTS is offering three-for-two on selected vitamins this month, covering herbal, complementary medicines and healthy digestion remedies.

Seven Seas slumber pillow pearls capsules, containing a special blend of aromatic oils to help you relax before bed, are only £4.20 for a bottle of 20. The pharmacy chain's own brand of vitamin C and zinc tablets are £2.79 for 60.

Pop into the store in Sandgate Road, Folkestone, or go to www.boots.com.

**Super savings on food
from the supermarket**

HUNDREDS of great deals are available both in-store and online thanks to Sainsbury's, helping to make your shopping budget stretch that little bit further.

The supermarket's own mild smoked salmon is now half price at £4.99, with £3 off its 240g pack of large king prawns. Butcher's Choice thick cut back bacon is now £2.32 each with a saving of £1.17.

Visit the store in Bouvierie Road West, Folkestone, or Dymchurch Road, New Romney, or go to www.sainsburys.co.uk.

**Dress to impress with
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GET suited and booted at Burton with 30 per cent off selected jackets.

A black slim mod fit suit jacket is £39 down from £69 and a navy herringbone stripe jacket is £49 from £69. Trousers to match are £30 each.

A navy pinstripe slim fit jacket is £39 down from £100, with trousers for £40, or get a navy stripe suit jacket for £49 from £70, with trousers priced at £40.

To see the full range, take a look at www.burton.co.uk.

**Fantasy adventure fun
is free for youngsters**

CHILDREN can enjoy a good read for free, courtesy of local author GP Sirod.

The novelist is giving away free copies of her book Scabs, a fantasy adventure about a young girl who does not fit in at school. Then she gets caught up in the secret school run for children of beasts and spirits.

Children aged between nine and 12 can get a free copy by asking nicely at Plectrums Pens and Paints in The Old High Street, Folkestone.

**Extra money off this
ghostly comedy DVD**

FANS of Ricky Gervais can get his latest hit Ghost Town at WHSmith.

The film tells the story of Bertram Pincus (Gervais) who dies unexpectedly, only to be revived after seven minutes.

He wakes to discover he now has the ability to see dead people, who all want something from him.

The DVD is £12.99 instead of the RRP of £19.79 is available at www.whsmithentertainment.co.uk or the store in Sandgate Road, Folkestone.

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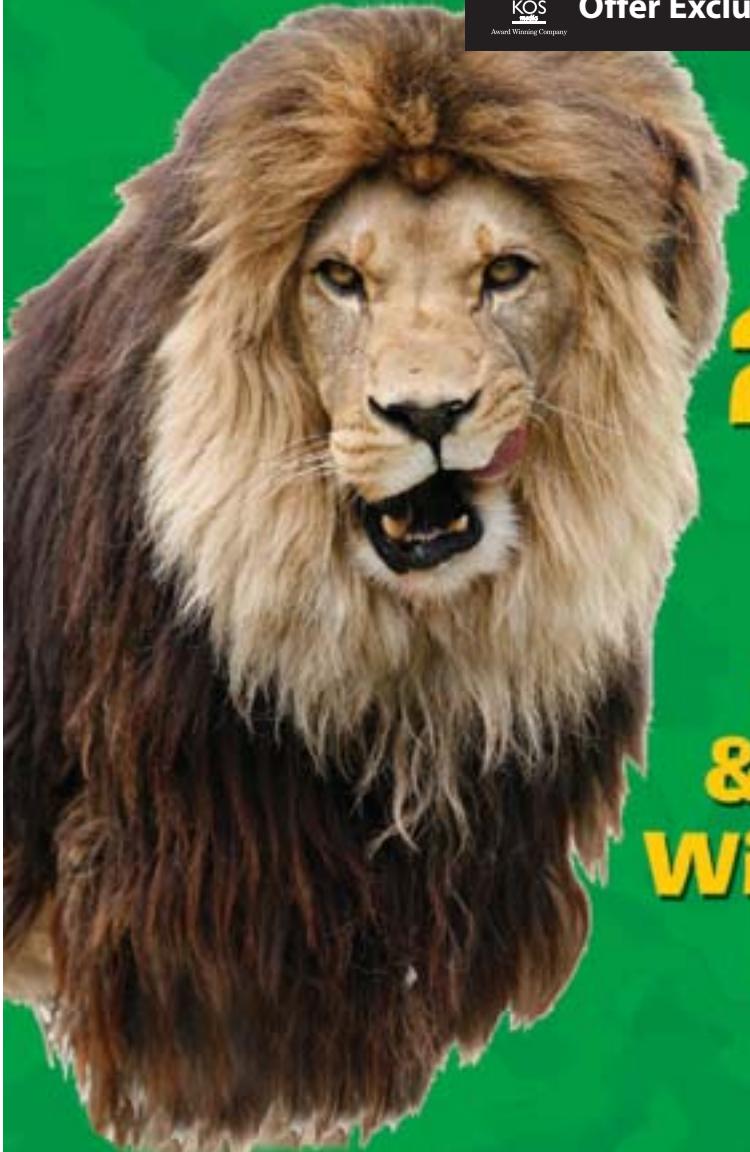
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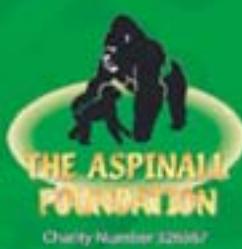
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- Why going green saves business cash
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what's inside**Page 4-5**

Vintage clothing is back and it saves you cash. We look at how the Credit Crunch is affecting fashion, and why many people are looking to the past for today's style

Page 6-7

Saving a few pounds here and there is easy really, your grandmother knew that. But we don't want it to make our lives austere. So, here is our Beat The Crunch fun guide to saving.

Page 8-9

About one in seven of you have switched supplier of your gas and electric in the past 12 months. But that figure should be much higher as we force suppliers to

compete. It really is easy

Page 10

If you are a saver affected by falling interest rates, our crippled banks will still sting you. Here's how to avoid it and why you should complain

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We all like eating out and as restaurants compete for our business there are bargains to be had. Here's where to look...

Pages 12-13

How are you beating the crunch? We spoke to you to find out your top money-saving tips

Page 14

Businesses that think of the environment are actually saving themselves a pile of cash too

Page 16-17

Great food doesn't mean spending a lot and we look at

lesser-known cuts of meat that can be turned into something special

Page 18

The return of the caravan holiday. This year is a bumper year with sites recording increased bookings and a shortage of quality used caravans. But 2009 is set to be a boom year and remember, children love them

Page 19

It's not even spring time but financial experts are urging people to plan for Christmas. Yes really, we explain why

Page 20

Going to the gym can cost you £500 a year, so it's no surprise people are choosing new ways to exercise

Page 21

It may seem crazy to pay

MORE for your mortgage. But with interest rate at an all-time low, you could make a real investment in your financial future

Page 22

Our look at the financial markets where to make a killing at this tough time, we discover, all you really need is money

Page 23

And if you don't trust the markets or banks, where should you put your hard-earned savings? Well have you thought about art or antique motorcycles? Then of course there's the old favourite: gold

Pages 24-26

Motoring guru Steve Loader takes a look at the bargains to be had at the motor dealers and offers some money-saving driving tips too

Essential guide to where you can save

■ Signature Miramar, the retirement and residential home in Beltinge, Herne Bay, is offering 14 nights' stay for the price of 13

■ Colour Choice Conservatories in Margate is offering free colour on conservatory orders

■ Living Out Log Cabins in Chestfield and Maidstone is offering 15 per cent off plus free delivery on all DIY log cabins

■ County Garage in Herne Bay is offering 15 per cent off Ford accessories. Includes car mats, mudflaps, boot protectors, scuff plates, alloy wheels, roof bars, chrome tailpipe finisher, dog guards, roof boxes, parking sensors

■ Home Plus in Ashford and Chatham is offering £200 off when you spend over £1,000

■ FG Barnes in Maidstone is offering free six-month road fund licence with all used cars

■ Orchard Spot in Maidstone is offering one free pudding with a main course purchased from the Sunday carvery

■ KOS is offering Alex classic light – one of the world's best reading lights, £84.99 save £30

■ Kentish Hardwood flooring in Rainham is offering 15 per cent off Karndean products

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■ KOS is offering a big button digital cordless phone for just £24.99 – save £20

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■ Positive Impact golf in Manston is offering £10 off any lessons

■ County Garage in Herne Bay is offering a free winter health check and free 29-point including wash and vacuum

■ Aylesford Self Storage in Aylesford is offering three months' free storage for a year for all new document storage clients

■ Orchard Spot in Maidstone is offering one ticket get one free for music nights, meal only

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■ KOS is offering leather organiser handbag by Jane Shilton only £49.99 inc p&p saving £40 off RRP

■ Move It Removals in Ashford is offering £1000 cash draw when you get a quote. Plus 10% off removals booked

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Beat the Crunch, part two. Why it can be fun as well

LAST month's Beat the Crunch Guide hit a real note with our readers as we teamed up with businesses from across the county to offer you money-saving vouchers.

The vouchers can get you a special deal on everything from storage to clothing, discounts on cars and massive discounts on home improvements.

So we've done it again for March and here's this month's guide to making your money go further.

To get your free vouchers log on to vouchersforkent.co.uk, it really is easy and has to be worth a look. Even if you are determined to save, you might just find that something you were going to buy anyway can be bought for less.

And take a little time to look through this supplement, 2009 is not all doom and gloom as thousands of people are discovering.

It really can be exciting too, and for a lot of people there are many positive changes

happening in their lives. OK, we know that jobs are under threat, but there are some families for whom redundancy may bring a change of direction for which they will look back and be grateful in future years.

Of course, for other people the crunch has made them sit up and consider where their cash really goes. Many have surprised themselves with the realisation of the wasted cash they used to let slip through their fingers on frivolous items.

Saving money can be fun. Why rush to the unpopular in-



laws for that weekend lunch? Slow down, arrive 10 minutes later and save yourself a couple of litres of fuel.

Other people have discovered for the first time the joy of local produce through farm shops and cheaper cuts of meat, which can be delicious and really take only a little more time.

If you stop spending £3 or £4 every day on a lunchtime sandwich (which is £80 a month you'll save) to make your own, ensure your home-made lunch is something you'll look forward to. Pick sandwich fillings you love, or dump sandwiches, try baguettes or a microwavable pre-prepared meal. A bit of imagination goes a long way.

Simply, we believe saving money should not be about having a less enjoyable life, you can still have holidays, still drive nice cars and still look after your home to make it our place of sanctuary.

We hope this supplement helps you take a positive view of looking after your money. Remember life goes on despite the crunch and no-one wants just to live – we should have a life.

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Not just a pie in the sky idea

Despite the Crunch, one couple explain why they feel now is the right time to expand their food business. Sarah Jeeves and Kevin Davies spoke to reporter Tom Betts

ONE couple are defying the crunch by bringing a taste of London down to Thanet.

Pie'n'mash is coming to Margate's old town next month in the form of the London Pie and Mash Shop.

The shop is the joint endeavour of former south London couple Sarah Jeeves and Kevin Davies.

The shop opens on Wednesday, March 11, and will also be selling another East End favourite, jellied eels.

The pair already own the Ramsgate Cafe in Margate Road, Ramsgate, and they are sticking to the premise that quality will always out, whatever the market conditions.

Hence their decision to expand into a more niche market.

Sarah, 23, said: "We introduced pie'n'mash at the cafe and it has proved so popular that we decided to open a shop that specialises in that.

"We will also be selling healthy breakfasts and other snacks and jellied eels."

The shop's minced-beef pies are all freshly made and served with the mash and mysterious liquor that binds the dish together.

Although Sarah will not give up the secret recipe that makes up the green parsley-based liquid, she said: "It's such a key part of it and we think we make a fine liquor here.

"It is tremendously popular with customers."

Good food at affordable prices – now there's a recipe that's always going to be hard to beat.

Why this could be the time to start on your own

NOW is the right time to start your own business to secure your own future and beat the recession, according to Jake Shepherd, *writes Peter Richards*.

Mr Shepherd is managing partner in MSDC, a design consultancy, based in Gravesend.

He says the middle of a downturn was exactly when he launched his own business.

"People often find strength in the adversity of redundancy, a change in direction helps form a new beginning," said Mr Shepherd. "My agency began as a result of recession 14 years ago."

Here are his key tips to anyone considering starting up on their own:

- **Remember** that your potential customers may be disgruntled by the lack of personal service from their current large supplier who is feeling the financial pinch. As a small business you can be more competitive and provide that personal hands-on service your client needs in the current economic climate which the big companies can neglect.

- **Keep** up with your contacts and network relentlessly to meet more. This means your previous employer, your old and potential new clients. Write, email and telephone.



LOVELY LIQUOR: Sarah Jeeves outside the Pie 'n' Mash shop and, inset, dish of the day

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HOTELS, RESTAURANTS & VENUES

Vintage clothes and accessories

By LAURA KATE BRADLEY

BUYING and wearing vintage clothing is currently one of the hottest ways to recycle... and save cash.

An estimated two million tonnes of post-consumer textile waste per year are thrown away and end up in landfill sites.

Morethanwaste.com states that "...over the

full life cycle of clothing, there is a range of environmental, social and economic impacts. The growth in fast fashion and consumption is an important contributor to these impacts."

When opting for vintage you are playing an active part in reducing extreme consumption and post-consumer textile waste by recycling.

There are so many wonderful vintage clothes shops to browse, particularly in London.

However, many people don't have time to visit or simply don't have access to them.

Despite there being various online vintage stores, many are massively overpriced or describe and display items poorly.

Love Miss Daisy was launched in September 2008 with a view to providing affordable, high quality vintage clothing and accessories displayed



Lorraine says detox your wardrobe for charity



STITCH IN TIME: Lorraine Kelly is backing Cancer Research campaign for clothes donations

THE recession means more people are shopping in charity shops but fewer people are giving as they hang on to their old clothes to save cash.

Fashionistas in the south-east are planning to curb their spending to become 'recessionistas' in 2009, according to a survey by Cancer Research UK.

Nearly half (46 per cent) the people in Kent will be spending less on clothes and accessories than they did last year in an effort to beat the credit crunch.

Around a quarter (24 per cent) of people in the south-east said they would be looking for charity shop bargains, following the trend for sourcing unique, second-hand or unwanted items to keep up with the 'recessionista'

movement of fashion on a budget.

But Cancer Research bosses have admitted donations are dropping as people are more reluctant to pass on their old clothes.

Times are changing but the charity – backed by TV presenter Lorraine Kelly – has launched a 'Detox Your Wardrobe' campaign by spring cleaning their wardrobe and donating ill-fitting or unwanted items to their local Cancer Research UK shop.

The YouGov survey of more than 2,000 people revealed 77 per cent of those in the south-east admit to having clothes in their wardrobes they never wear.

However, only one in eight unwanted items are donated to

charity, according to a report from the Institute for Manufacturing at Cambridge University.

Lorraine Kelly said: "We all know times are tough, but this is an easy way to help raise money for charity. Each bag you donate could be worth up to £30, and this will go towards helping to fund Cancer Research UK's important work. We all know someone who's had cancer so I hope everyone has a good sort through their unwanted items and takes them down to their local Cancer Research UK shop."

Bargain-hunters can also check out brand new items in Cancer Research UK shops or, if they prefer, browse online at www.shopbeatcancer.org.

OLD STYLE: Vibrant red 1960s cocktail dress with sheer panels and sleeves; glitzy 1980s sequined butterfly belt; (above right) 1980s gold and black strappy sandals

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10/03/2009	Trad Tuesday	Blue Arcadians	Traditional Jazz from the 20's and 30's	Free
12/03/2009	Thursday	Frances Knight	Smooth Jazz Trio	Free
14/03/2009	Saturday	Tiffany Wells	Cabaret Style female impersonator	£5.00
17/03/2009	Trad Tuesday	ColRose Four	Traditional Jazz from the 20's and 30's	Free
19/03/2009	Thursday	Roger Lewin & Sarah Jane	Smooth Jazz Piano and Vocals	Free
21/03/2009	Saturday	The Bearing Edge Trio		£5.00
24/03/2009	Trad Tuesday	Deco5 Allstars	Traditional Jazz from the 20's and 30's	Free
26/03/2009	Thursday	Andy MacLean	Swing Sounds from the 40s and 50s	Free
28/03/2009	Saturday	The Barretts	Django Reinhardt inspired guitar duo	£5.00
31/03/2009	Trad Tuesday	Pilgrims Four	Traditional Jazz from the 20's and 30's	Free

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clearly and simply, with detailed yet concise and accurate descriptions and measurements. A welcome relief for those who adore vintage but either hate or have no time for rummaging through rails, shelves and boxes full of clothing.

A real treasure chest of hand-picked vintage beauties, Love Miss Daisy sources



CLASSIC: Stunning vintage purple and gold leaf Radley evening dress circa 1980s; super chic 1980s black and tan leather jacket; and above cute 1970s mini satchel bag; far right the Love Miss Daisy Web page

from Europe, the USA and the UK. Stocking fabulous evening gowns, sassy vintage day dresses, separates, vintage coats and jackets, accessories and all things in between, the collection includes vintage wedding dresses; an ever-growing collection of beautiful, delicate one off gowns at credit-crunch beating prices.

With celebrities such as Agyness Deyn, Sienna Miller and Chloe Sevigny wowing us with their integration of vintage pieces into their headline snatching ensembles, vintage is becoming a must-have. Many wear vintage to illustrate their

own individual identities and personalities, but for those who like to incorporate vintage into their avid following of fashion, take a snoop around the seasonal section. In what has become the signature of Love Miss Daisy, each season current stock is matched to current key trends, enabling fashionistas to remain of-the-moment in an eco-chic way.

The beauty of vintage clothing is that it's built to last. Many items have already travelled thousands of miles and had several loving owners in their past. It is fascinating to wonder whose life each piece was a part of before it became a part of yours.

Many of today's fashions and designer collections are influenced by past decades and bygone eras. So, when classic and original items are still obtainable, who wouldn't want to grab themselves a piece of fashion history?

Love Miss Daisy also has birthdays, Christmas and every other occasion covered, with gift vouchers available from the value of £10. Visit: www.lovemissdaisy.com.



To see this clip, search 'crunch'
@ yourkenttv.co.uk



Julie Muddocks looks at how changing your driving habits could have a big effect on your pocket at the petrol pump

Essential guide to where you can save

■ Farleys Furniture store in Ramsgate is offering 10 per cent off all lift and rise chairs and motion beds

■ Kingfisher Blinds in Ashford is offering motorised blinds for just £149 inc VAT

■ Holiday Inn Express Hotel in Ramsgate is offering rooms at £49.95 per night including bed and breakfast and free parking

■ H & H Flooring in Deal is offering an extra 10 per cent off all carpets

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Essential guide to where you can save

- GG Racing in Ashford is offering £10 off a 1/400th share
- Cox & Son furniture and soft furnishings store in Ramsgate is offering free checks, measures and hangs on curtains
- Avalone Flooring Ltd in Strood is offering 10 per cent off decorative flooring
- County Bed Company in Tonbridge is offering 10 per cent off any headboard when purchased with a bed
- Robins and Day Motors in Maidstone is offering free winter health checks (normal RRP £19.99)

■ Something Old Something New in Westgate-on-Sea is offering 10 per cent off when you spend over £100

■ Winter Gardens Theatre in Margate is offering discount theatre tickets

■ St Lawrence Tavern pub and restaurant in Ramsgate is offering buy one main course and get one free

■ Village Hotel in Maidstone is offering £2 off the full ticket price for Burns night/Pink tribute night or ultimate Swing Night

■ Spand Motors in Hythe is offering a free mini valet with any full service

■ KOS – Experience the natural comfort, warmth and luxury of a traditional feather mattress with the innovative mattress topper from only £39.99 save over 50 per cent. Various sizes available

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Don't be bitter, there's



EVERYDAY foods can be used in a variety of ways so let's take lemons.

They can be used as a cleaner – applying lemon juice directly to deposits of hard water residue in sinks can dissolve them and make a bowl looking sparkling and new.

The juice can also be used to clean and shine brass and copper as well as making a good cleaning paste if mixed with vinegar and baking soda.

Adding the soda to half a lemon turns it into a tool to remove stains and scrub dishes clean.

Lemon juice can even be used as a polish for hardwood furniture if mixed with olive oil.

Then of course you can consume it. Cut into little chunks placed in an ice tray and filled with water it makes a perfect accompaniment to a gin and tonic.

And finally when it is about to go off – pop it into the blender along with some ice, a bit of milk and water for an excellent smoothie.

The credit crunch may be all doom and gloom – but there are still ways of raising a smile. **Nick Ames** took time to look at some light-hearted ways to beat the economic blues and have a little fun, too

MOTORING is a major cost for many people so how about some ideas to cut petrol costs.

Driving expert Tim Shallcross of the Institute of Advanced Motorists thinks that drivers can save around 40p a day by reversing into parking spaces.

He says starting a trip by reversing out of the space burns up more fuel as a cold engines requires more petrol than a warm one.

And as the reverse movement requires more manouevring than going straight ahead more petrol is consumed in a short period of time before the engine heats up.

Safety and saving can go hand-in-hand. Sticking to the speed limit means a saving of £12 on a 300 mile journey at 70mph rather than 80mph.

Pumped up tyres keep down wear and



tear and fuel costs and open windows on hot days are a more cost-effective measure than a fuel using air conditioning system.

Lastly – planning a route in advance to ensure no detours and off peak travel to avoid jams not only costs less – it eases frustration too.

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lots of ways to save

THE workplace can be a time you can save on costs as well as earn wages.

A thermos of tea or coffee means those expensive trips to a designer coffee shop for that vital decaf latte with cinnamon and nutmeg are a £3.50 thing of the past.

There's a meal with sandwiches and cakes. Making them before the working day starts or the night before and you won't have to fork out for what can be an expensive snack.

Lunch times can be productive – go online and have a look for bargains and you won't be tempted to leave the office.

Flexible starting times mean beating rush hour traffic or being able to purchase off-peak rail or bus tickets.

So asking to get in an hour later and stay an extra hour can be a great benefit.



SHOPPING is also a major outlay so a bit of thought and planning can lead to substantial savings.

Picking stalks off fruit and vegetables before going to the check out can save weight – and so cut down on completely unnecessary cost.

If something is pre-bagged weigh it to make sure it's correctly priced.

Shopping around 40 minutes before a store closes will see many items reduced.

Also the need for urgency means that you won't be tempted to impulse buy as you browse around.

Supermarket own brand cereal tastes pretty much the same as every other.

But if you see the need to disguise your thrift just pour it all into a name brand box. It would take very refined taste buds to tell the difference.

Lastly, if you have children turn the whole shopping expedition into a Bargain Hunt style adventure.

Get the little ones to race around and discover the cheapest alternative of any particular product.

The whole thing then becomes a game – and the family is distracted from the fact that they are going to have to eat the cheapest goods in store and you come out the winner.



Essential guide to where you can save

■ Theatre Royal in Margate is offering two tickets for £20 (normally £14 each) for The Jives Aces on March 20 at 7.30pm,

■ Southern Antennae aerial and satellite shop in Broadstairs is offering 20 per cent off any service it provides

■ Thanet Leisure Force in Margate and Ramsgate is offering £50 off a family membership package. Discount available against annual payment or can be used for DD memberships against joining fee and daily rate payable in advance

■ Oliver Carpets in Ramsgate and Herne Bay is offering 10 per cent off when you spend over £250

■ Extenterten furniture store in Westgate-on-Sea is offering £300 off all dining suite orders over £2000

■ GC Stevens & Son, garden machinery and woodstoves store in Sittingbourne is offering 10 per cent off stoves and flue systems

■ Lenleys in Canterbury is offering an extra five per cent off sale prices on furniture, sofas and beds

■ H & H Flooring in Deal is offering free underlay upgrade on all carpets

■ Hazlitt Arts Centre in Maidstone is offering two for one comedy nights

■ KOS is offering a pressure washer kit £99.99 incl free accessories save £116 on RRP

■ Canterbury Car Radio in Canterbury is offering 25 per cent off all prices, on all RRP prices

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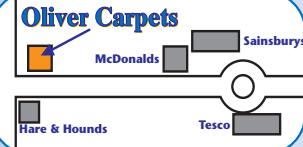
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Spend some energy on cost-cutting in the home

We all know that switching energy suppliers should go some way to helping you save money. So why are so few people bothering?

By NICOLE GROSS

AS most people receive their quarterly energy bill for the winter period, a survey of more than 6,000 Which? members, by Switch with Which?, reveals that only 15 per cent have switched energy supplier in the last 12 months.

Around three in ten of those who hadn't switched said it was because they didn't think it would save them much money, but people that changed supplier or tariff using Switch with Which? saved £257 on average – enough to pay for a romantic Valentine's break, a Which? Best Buy Sony Bravia LCD TV or 571 pints of milk!

Of those who did take the plunge, 90 per cent found it easy to do and most used a switching website. When asked why they had

changed their supplier, price topped the list.

Customers can also make savings without switching supplier, by changing to an online tariff, paying monthly by direct debit or choosing a dual fuel option, where gas and electricity is provided by the same supplier.

Alison Morrison, Switch with Which?, says: "There's no doubt that 2009 is going to be a tough financial year and we're all looking at ways to cut our spending, particularly as the winter energy bills start arriving."

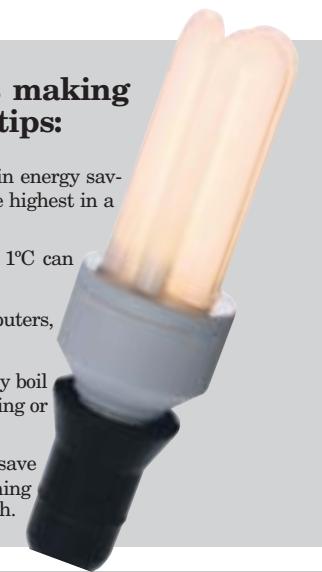
"People may be alarmed at the impact of last year's price increases and shouldn't bank on energy companies cutting their prices by as much as they increased them."

"The potential for an extra £250 in your pocket is a great incentive to change your energy provider or tariff, and help get the year off on a sound financial footing."

Customers can also save on their bills by making their homes more energy efficient, for example, energy-saving light bulbs use up to five times less power than incandescent ones.

Switch with Which? suggests making light fantastic with these top tips:

- Turn off lights when you leave a room and invest in energy saving light bulbs – the Ikea Sparsam stick scored the highest in a recent Which? test
- Lowering the temperature of your thermostat by 1°C can reduce heating bills by up to 10 per cent.
- Stop suffering from standby and turn off TVs, computers, radios and plug points when you're not using them
- Whether you're cooking or making a cup of tea, only boil as much water as you need and use the small gas ring or hob if possible
- Energy-efficient appliances are a great way to save money on bills. If you don't have an 'A' rated washing machine, try lowering the temperature of your wash.



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Take the heat out of your bills

A SLIGHT change in lifestyle choices could pay big dividends for families trying to beat the high cost of living.

Increased heating and electricity bills are two things which are combining to make spare cash an increasingly rare commodity.

At present it is people who have oil central heating which have been the worst hit – due to the massive increase in prices for oil which more than doubled this year.

A current fall in the dollar price per barrel has not been passed on to consumers by the oil companies – unlike petrol and diesel for cars.

It is homes in rural areas, which use oil heating the most.

But I'd suggest caution listening to experts who say the best way to cut down on bills is either to switch to gas or electric heating.

They are set to rise as well, in the coming months, or install storage heaters which are a

By NICK AMES

cheaper alternative by far.

But changes to the home can be made – and these not only help save cash but are environmentally friendly as well.

- Better cavity walls and loft installation can make a major difference in costs.

- Go on your local council website and find out what grants are available.

- If you are on a low income or are a senior citizen, there's a good chance you can get some free money towards your home insulation.

- Efficient temperature controls such as thermostats are another way of preventing excess heating being generated. Older boilers can prove economically draining.

- Experts recommend replacing those devices which are more than 20 years old or any that are experiencing problems.

Savings in cost of bills will outweigh the

initial outlay according to home economic analysts.

- Old fridges and freezers should also be replaced according to the findings for the same reasons – they use far more energy than new equipment.

- Lastly homeowners should ensure that plugged-in appliances are turned off at the sockets when they are not in use and energy-saving lightbulbs are a must, they last much longer.

Free energy advice can be obtained by calling the Energy Saving Trust on 0800 512012.

A home energy check which assesses heating requirements and recommends improvements in efficiency can also be done online.



GET SWITCHED ON: Efficient temperature controls (left) are a way of preventing excess heating; experts recommend replacing electrical devices more than 20 years old



Essential guide to where you can save

■ Farleys furniture store in Ramsgate is offering a free dishwasher with every kitchen order placed over £7,000

■ Kingfisher Blinds in Ashford is offering one motorised blind either vertical or roller free when you spend over £1,500

■ H & H Flooring in Deal is offering free accessories with all laminate flooring

■ Spand Motors in Hythe is offering a free mini valet with any full service

■ Theatre Royal in Margate is offering The Riddle of the Sands March 28, 7.30pm. Two tickets for £14 (normally £12 each) quote KOS offer

■ The Captain Digby pub and restaurant in Broadstairs is offering a free kid's meal from the pirates menu with every adult meal ordered from the restaurant menu

■ Southern Antennae in Broadstairs is offering £25 off a high gain digital aerial

■ Village Hotel in Maidstone is offering 20 per cent off in the Verve Grill or Victory Pub

■ Lexterten furniture store in Westgate-on-Sea is offering £100 off elevating TV cabinets

■ Acorns health and fitness in Chatham is offering a third off gym membership

■ KOS is offering a Pulsar Kinetic Watch only £49.99 (inc p&p) no battery required, saving over 50 per cent on RRP

■ Morris & Turner in Medway is offering an extra £10 off Taurus vanity units and basins

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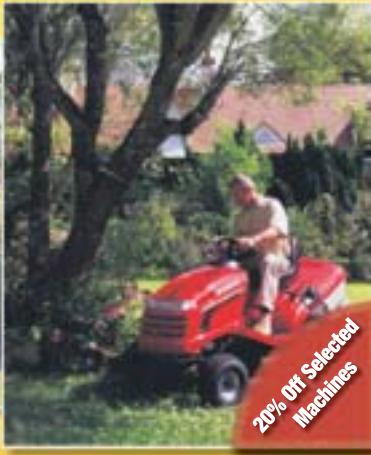
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Don't bank on getting away with an overdraft

AT a time when banks are feeling the pinch as much as anyone – if not more so – it is vital for savers to balance their books.

Those who go overdrawn need to beware as banks will be quick off the mark when it comes to charging them cash penalties which can reach as much as £40 – half of which can be charged for just writing a warning letter.

Charges have been imposed on millions of people across Britain, and in some cases they have been viewed as unfair by financial watchdogs.

And at times of economic hardship they are the last things cash-strapped consumers want to fork out for.

According to Money Expert, the penalty for exceeding an account limit has shot up some 20 per cent over the last 12 months, with the typical levy now standing at around £30 every time this happens in an account.

In such circumstances, struggling consumers may find that going overdrawn further hits their ability to meet payment responsibilities such as personal loans, credit cards or mortgage contributions.

Customers who slip into minor difficulties can see a mountain of debts pile-up, as banks charge £20 or more to send a letter and charge large amounts for going into overdrafts and missing direct debits.

The website Money Expert states that hikes in unauthorised overdraft fees – equivalent to an additional five pounds every time a limit is

BY ANDREW JACKSON

exceeded – come in spite of an ongoing investigation in whether such charges are in any way justified.

In a landmark case brought by the Office of Fair Trading, banks are coming under scrutiny for charging such high fees, with certain quarters claiming that they are disproportionate to the costs incurred by the bank for processing the transaction.

Commenting on the situation, Sean Gardner, director of Money Expert, said consumers may be particularly exposed to these punitive charges in the coming months.

He said: "For those people already in their overdrafts the advice is clear, keep a close tab on your outgoings."

But customers who have been charged up to £40 for unauthorised overdrafts, bounced cheques, or failed direct debits are now fighting back against the bank charges.

Banks have long been accused of ripping off customers with the high charges they impose for minor account problems.

Statistics show complaints against banks have soared, according to the Banking Code Standards Board, with most about interest rates and unfair charges.

And public anger at the bonuses given to bankers whose actions have led to the global economic meltdown have fueled the feelings of resentment.



CHARGES: Banks will be quick off the mark to send you a penalty letter for going overdrawn – it could reach up to £40

Essential guide to where you can save

■ Lindsay's Driver Training in Hythe is offering a Learner Driver starter pack for only £95 which includes four lessons, theory training DVD Rom, Highway Code, Theory Q&A book, £60 pass plus discount (for under 20s) Young marmalade kit (low car insurance and cars for new drivers)

■ GC Stevens & Son, garden machinery and woodstoves store in Sittingbourne is offering £10 off Honda mower servicing and £20 off Honda and Husqvarna ride on mower servicing

■ Clarkes Furnishers in Maidstone is offering a free power upgrade. Pay for a manual recliner and upgrade to a power version free. G Plan upholstery

■ Lexterten furniture store in Westgate-on-Sea is offering £300 off upholstery orders over £1,500

■ The Fireplace in Sittingbourne is offering 10 per cent off

■ Village Hotel in Maidstone is offering 50 per cent off its Sunday night pasta buffet

■ Thanet Leisure Force in Margate and Ramsgate is offering £100 off joining fee. At any Thanet leisure force fitness studio when you sign up to any membership package

■ Farleys furniture store in Ramsgate is offering half price duvets and pillows with every bed purchased

■ KOS is offering a porous seepage hose. It saves time and money uses up to 70 per cent less water. From only £19.99, save £35 on RRP

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*Man.rec.price Offer ends Sunday 29th March

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BY NICK AMES

AS the credit crunch well and truly bites diners would probably be excused for feeling that getting a table at a restaurant should be a lot easier.

Well in some cases that's true.

In one case I know of a friend who never managed to eat at London's top tables currently rings some of those who snubbed him in mid afternoon – and asks if they have any tables available for 8pm.

"Certainly Sir," replies the obsequious Maitre de. Laughing my friend replies "Thought so" and puts the phone down.

Top restaurants across the world are all now accepting last-minute bookings which they would have sneered at a year ago.

I got a table at Balthazar in downtown New York after walking in off the street whereas two years ago I called the place up only to be told Madonna had block booked it.

But for the slightly less exclusive places it is not proving easy at all to get bums on seats.

Middle market chains, such as Pizza Express, Pizza Hut, Strada and Japanese noodle bar Wagamama are attracting thousands of customers every week with discount offers and two-for-one specials.

These deals are being downloaded from the internet by bargain-hunting diners across the country each week.

And then there are the coupons given away with newspapers, especially the Sundays who seem to have an offer a week.

Analysts say the reason that the middle market is making such an effort is that they have relatively high fixed costs and so profit margins are tight in times of plenty.

So when fewer people are opting to eat out they can see the profit-loss equation go into the red.

But chains have to be very cautious when they offer deals on meals.



CREDIT MUNCH: Middle-market chains are attracting thousands of customers every week

Bargain deals, get a pizza the action

Usually one thing which will not be any cheaper is drink. Alcohol has one of the highest mark ups of anything served in restaurants so you'll rarely see a buy one beer and get one free on offer. The odd free bottle of wine per table of four would be more likely.

But restaurants catering for families and middle income people know they have to work hard if they are to survive.

Richer people will always eat out say the

experts – and there is always going to be the demand for a Chinese or Indian takeaway right across the board.

It's the middle market which is suffering as waiting areas packed in pizza restaurants show and queues outside the high street Italian eateries demonstrate.

There are bargains out there and make sure you take a look on the restaurant chains website before you go.

To see this clip, search 'crunch'

@ yourkenttv.co.uk



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Essential guide to where you can save

Holiday Inn Express in Ramsgate is offering conference room hire for £95 per day including LCD projector, flipchart, pens and one round of coffee plus free parking

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A & A Gliderobes in Canterbury is offering up to £100 off

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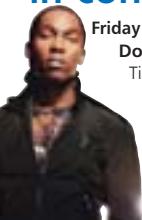


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WHAT'S ON AT THE WINTER GARDENS

MARCH 2009

Monday 9th - Wednesday 11th
Jackyl & Hyde

Monday 23rd
Kasabian in Concert

APRIL 2009

Saturday 4th
Disco Inferno

Sunday 5th
The Enemy in Concert

Friday 10th & Saturday 11th
Thanet Beer Festival

Saturday 18th
Essence of Ireland

Sunday 19th
Sooty In Space

MAY 2009

Wednesday 6th
Rob Brydon plus support

Monday 11th
Leon Jackson and Same Difference in Concert

Sunday 17th
Rhydian Roberts in Concert

Tuesday 26th - Saturday 30th
"A Night On The Town"
M.O.S Variety

JUNE 2009

Sunday 7th
Central Band of The Royal British Legion

Friday 12th
Here Comes The Boys

JULY 2009

Saturday 13th
An Audience with Sally Morgan

Saturday 20th & Sunday 21st
Margate's Big Event

Sunday 17th
The TakeThat Experience

Saturday 4th
Dead Ringer From Hell

Wednesday 8th - 11th
Childrens Showtime

Friday 17th
The 3 Degrees & Support

Saturday 25th
"In Dreams" Featuring Music from Roy Orbison

Friday 31st
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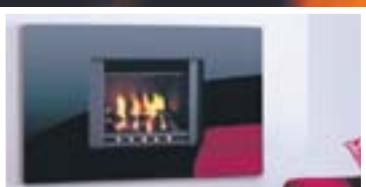
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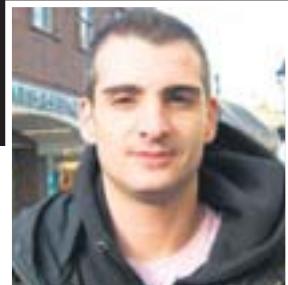
How is the

We took to the streets of Kent to find out what you think...



ROBIN ADAIR FROM WILLESBOROUGH, ASHFORD, SAID:

"I have lost a couple of window cleaning jobs in the town, like Woolworths. It's hard to know who to blame. It's all about greed. We can all cut back on things but that won't help the economy.**"**



DARREN GOLDER, MOBILE PHONE SHOP MANAGER IN ASHFORD, SAID:

"I have less spending money these days and have cut back on a lot of luxuries. Our customers aren't worried about new phones at the moment; they are worried about their tariff and airtime. They want to know they are getting good value for money.**"**



KIM SHEARER, FROM DOVER, SAID:

"I haven't been spending as much as I usually would, but that's since I had a new conservatory put up in my house last year which I put on my credit card. I don't want to spend too much extra while I'm still paying for that.**"**



CONAN EVERETT, 24, FROM DOVER, SAID:

"I got made redundant back in January but I've been lucky and have got back into work already. I'm self-employed now. I think I'll be cutting back on what I spend from now on though, like not buying video games and other things that I'd usually just go out and get without thinking about.**"**



JO CLARK, 24, FROM BEARSTED, MAIDSTONE, SAID:

"To save money during the credit crunch I have started to make cut backs such as taking home-made lunch to work instead of going out to buy it, and not using my mobile phone as much. I am hoping to buy a house soon so I have even more of an incentive to save.**"**



MARIA CRITTENDEN, 41, FROM BARMING, MAIDSTONE, SAID:

"I haven't been affected by the credit crunch too much, it seems to be the people who are in debt and I'm lucky I'm not. I have cut back slightly on expensive things and gone for cheaper options when it comes to make-up, food and clothes but I think everyone has.**"**

crunch affecting you?

ANDREW RAMSBOTTOM, 32, UNEMPLOYED OF STAR HILL, ROCHESTER, SAID:



"I'm absolutely skint. I lost my job in October and have found it difficult to get work. I have to watch what I spend my money on. Luxury items such as TVs go right out the window. **"**

JULIA DRUMMOND-HAIG, 24, A DESIGNER OF HIGH STREET, ROCHESTER, SAID:

"The credit crunch has not affected me at all. I haven't spent less, in fact I've probably spent more because everything's much cheaper now, with the high street shops slashing their prices. I'm quite happy with the credit crunch. **"**

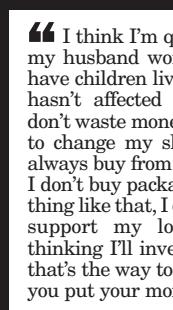


CHARLES HAGGER, 55, FROM FOLKESTONE, JOINT MANAGING DIRECTOR OF A MARKETING COMPANY



"We've certainly had the best January that I can remember, in fact we believe we will actually grow during the recession. You get your return on investments from being online, in digital marketing, so we don't expect to do so many brochures and things like that. I haven't personally had to make any cutbacks or change of lifestyle, I think the future's looking bright, but ask me again in six months' time. **"**

ANNALIESE BUSH, 41, FROM SMEETH WHO WORKS IN HR PORT LYMPNE WILD ANIMAL PARK SAID:



"I think I'm quite privileged as my husband works and we don't have children living at home, so it hasn't affected me too much. I don't waste money but I'm not one to change my shopping habits. I always buy from the local butcher, I don't buy packaged meat or anything like that, I do what I can and support my local farmer. I'm thinking I'll invest in antiques as that's the way to go, where else do you put your money? **"**



MAX DELLAWEY, 20, FROM MARGATE SAID:



"I think the credit crunch has affected everyone's life. If people don't have any money how can they spend it? My income isn't bad at the moment but I go out less now. I used to go out a lot at weekends, but now a lot less, it's actually quite boring. **"**

FRANK CALLAGHAN, 65, FROM BROADSTAIRS SAID:

"Prices have gone up and being on a pension it's hard to make ends meet. I go without a few things, yes. Food prices have gone up, I noticed in Sainsbury's and Tesco a cucumber is £1.28 each, and I love a cucumber sandwich. I have cut down on the thermostat and put on an extra pullover or something like that to keep warm now and things like that. **"**



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Eco companies save money and have happier staff

IF you're thinking about moving or refurbishing your office, taking an environmental approach offers real, practical business benefits – for your people, your reputation and importantly your profits.

Here are our top 10 reasons to 'go green':

1 Save money

Being a sustainable organisation can add to your bottom line. Energy saving lighting, heating and ventilation in your offices reduces energy bills. Savings go straight to your profits.

For example, a company that turns over £1 million. Saving 20 per cent on their £40,000 annual energy costs is equivalent to increasing their profit by eight per cent.

2 Cut your tax bill

Enhanced Capital Allowances scheme (ECAs) is a government plan that gives tax breaks to companies if they install certain energy efficient equipment and machinery. Put simply, you can write off the whole of the capital cost of your investment against your taxable profits.

So it's a boost to your cash flow, and your investment takes less time to pay for itself.

3 Staff save you money

Protecting our planet has become an important issue and it is likely that your staff will want to make a real difference. Encouraging it in the office can tap into that commitment within your team.

One way is to promote recycling. So if you're

By LARA CONAWAY

planning a move or refurbishment you could, for example, build recycling points into your design, rather than having individual rubbish bins. You'll save paper and reduce your costs.

4 Stay on the right side of legislation

The government is getting serious about going green, and new legislation is constantly coming into force. That can mean hefty fines for companies that don't comply.

Take the European Union's Energy Performance of Buildings Directive (EPBD). It was introduced in 2006 to encourage companies to reduce the environmental impact of their buildings. And in January 2009, it becomes law. So if you're planning changes in your office, thinking about the EPBD now could save the headache of financial penalties later.

5 Avoid negative press

Environmental protection organisations are taking a stand against companies they believe aren't considering their responsibilities. Greenpeace, for example, has staged protests where they've found companies using illegally sourced timber from protected forests. Save time and cash by dealing with protestors by avoiding materials which may cause protest.

6 Improve your brand

Consumers and companies are increasingly showing their environmental awareness by choosing to deal with responsible companies. So taking a green stance can give you credibility – and the edge over the competition, which should benefit your profile and profits.

7 Attract the best employees

There's a whole generation of younger work-

ers who've grown up learning about the importance of environmental issues – and it's now a key social concern. Reflecting those ideas at work can be a big attraction for potential employees.

This was shown in a recent survey by Eversheds. Two-thirds of employees said that their working environment had a significant influence on whether or not they'd accept a job.

8 It can keep your team healthy

A green workplace can help reduce absenteeism in your office. Plenty of fresh air and natural light are good starting points.

Volatile Organic Compounds (VOCs) are substances that can be harmful to health. They include formaldehyde, which is in the top 10 per cent of the most hazardous substances to human health. Yet it's found all over many offices, in everything from fabric finishes and fire retardants, to gloss paints and insulation.

If you're considering a move or a refurbishment, choosing products that contain few or no VOCs can help to improve the well-being of your staff, reducing absenteeism... and making you money.

9 Retain staff and encourage loyalty

Your employees' priorities in life may not always match your own. For example, making money for you or your shareholders probably isn't top of their list. But the environment might be.

So if your team sees your company doing good work, you're more likely to have a happy, well-motivated and loyal workforce.

10 It's your chance to do the right thing

According to the Department for Trade and Industry, the built environment – including offices, shops and factories – is responsible for



GREEN SCENE: Employees said the working environment had a significant influence

47 per cent of carbon emissions.

Although it's not always easy being green, businesses have a real opportunity to be cleaner, greener, healthier. And it really can help beat the Crunch.

• Lara Conaway is Sustainability Manager at Morgan Lovell one of the UK's leading office design, fit out, refurbishment and relocation specialist.



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and it's back on the menu

200ml/7fl oz good, hot beef stock
1 x 200g can chopped tomatoes with garlic
Dash Tabasco sauce, optional
100ml/3 1/2fl oz red wine

30ml/2tbsp freshly chopped flatleaf parsley
Preheat the oven to gas mark 4/180C/350F. Prepare the stuffing, heat half the butter in a large non-stick pan and cook the onion and mushrooms. Transfer to a large bowl and stir in the remaining ingredients.

To make the braising sauce, heat the oil in the same frying pan, add the flour and cook for one to two minutes. Gradually add the stock, tomatoes Tabasco (if used) and wine. Bring to the boil, reduce the heat, season and simmer for five minutes. Add the parsley, cover and set aside.

Season the hearts and spoon the stuffing mixture into the cavity of each. Wrap with the bacon and secure with butcher's string. Heat the remaining butter in the same frying pan and brown the hearts on both sides. Transfer to a roasting dish.

Pour over the sauce, cover and cook for two hours, or until the hearts are tender.

Remove the butcher's string, slice and serve with creamy mash and seasonal vegetables.



Trot along for something different off the supermarket shelf

PIGS trotters have not been a feature of the restaurant menu or supermarket shelf for many years.

Nor for that matter have ox cheeks been popular for Sunday lunch?

But supermarkets are gradually reintroducing these cuts of meat to shoppers bitten by the credit crunch. And they will certainly help hungry families who need to tighten their belts.

Stewing steak costs around £4.30 per lb per shop, compared to fillet, which sells at £19 per lb. And pig's cheeks are £1.35 a lb, while pig's trotters are even cheaper at 90p a lb.

Maureen Strong, nutrition advisor for the Meat Service at the Agriculture and Horticulture Development Board, has looked at the relative benefits to those who start to eat the cuts of meat which were once a staple of the British diet.

"There will be variation in these types of meats, depending on the cut," she said.

"Trotters are not renowned for their protein content above other cuts of meats, but this will depend entirely on how it is cooked or cut in the first instance."

"The main difference which we can highlight in these types of meats will be the food quality. Try and compare a sirloin steak to a stewing steak and you'll get a similar comparison to pig's trotters and, say, bacon or pork belly."

"The former will take longer to cook and longer to chew – the very reasons these

meats went out of fashion some time ago."

JC Rook, one of the county's leading butchers, agrees that the trend is towards selling some previously less fashionable meats.

Maidstone manager Stephen Abbott said: "We are selling more stewing steak – that's really noticeable."

"Recently there was a programme with Jamie Oliver talking about how to cook a shoulder of pork and that week we sold out. It's a good thing on the whole. Selling these cuts of meat means we can keep prices of other cuts down – so everyone benefits."

Dietician Amanda Ursell thinks that making these cuts of meat healthy is all about the cooking.

She said: "The good thing about old cuts of meat, like oxtail and pig's trotters is not the meat themselves – as they have considerably less protein – but the things they are cooked with."

"These types of meats are fantastic in soups, stews and casseroles to give a meaty flavour. Add beans, pulses and plenty of veg and you've got yourself a healthy dish that is great value too."

And it isn't just these blast-from-the-past cuts driving down the cost of food. According to the experts, swapping the favourable types of meats for various other cuts, already on the market, could benefit those affected by the credit crunch crisis.

"If people feel afraid to take the plunge with foods like trotters, even swapping

chicken breast or sirloin for a shoulder joint can save a family up to 40 per cent," says Richard Cullen from Research and Insight at the Agriculture and Horticulture Development Board.

"The credit crunch has certainly created awareness for a variety of meats on the market that taste just as good – which is a good thing."

"Whether Britons will be running out to buy pig's trotters for their tea every night, I can't say, but I am sure favourable meats on the market will change."

SELL OUT: JC Rook, one of the county's leading butchers sold out of shoulder of pork after it had been featured on a Jamie Oliver (pictured) cookery programme



Friday 20th March 7.30pm

The Jive Aces are the UK's top Jive and Swing band...

and have been together for over 10 years. This extremely popular six piece group have performed at thousands of festivals, theatres and dance halls throughout the UK, Europe and USA as well as Japan, Israel and the Caribbean. The Jive Aces are renowned for their high energy Jump Jive music (the exciting sound where Swing meets Rock 'n' Roll) and spectacular stage show.

They combine a mixture of fresh arrangements of Swing, Jive and Rhythm 'n' Blues Classics.

The Jive Aces have worked with many of the top names in the business, including John Travolta, Status Quo, Isaac Hayes, Van Morrison, the Count Basie Orchestra, Priscilla Presley, Buddy Greco, Krestie Allie, Acker Bilk, Kenny Ball, Chris Barber, Jack Dee, Davie Suchet, Lee Evans, The Proclaimers and Juliette Lewis to name a few.



The Jive Aces were the recipients of the prestigious "City of Derry International Music Award" for 2006 previous recipients being Van Morrison and Jools Holland.

With their high energy music, bright stage suits, wild antics, irresistible humour and sheer professionalism, the Jive Aces will quickly get any audience on their feet – or dancing in their seat! Each and every show is guaranteed to go with a swing! See www.jiveaces.com for more information.

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Let's carry on camping

The great British holiday is having a revival thanks to the recession, so book your caravan for summer 2009

THE credit crunch is boosting stay-at-home holidays with a massive increase in bookings for caravans and camping sites.

With the Euro almost worth the same as the pound, people are swapping expensive foreign holidays for "staycations" with towed caravans or mobile homes according to travel experts.

Advance bookings for caravan and camping sites for this year are already up 40 per cent on this time last year. And sites are already recording an increased occupancy of 19 per cent – even though it is still winter.

"We confidently predict that 2009 will be the year that welcomes the return of the great British holiday," said Nick Lomas of the Caravan Club, whose membership rose by 10 per cent in 2008.

Quarterly travel and tourism figures released by the Office of National Statistics show that the number of visits abroad by UK residents was down by six per cent for the three month period during the later part of the summer of last year compared with the previous quarter – and in a recent survey by VisitBritain, the majority of those who responded said they would consider British holidays.

And statistics show that although 90 per cent of British people claim to be saving money in this tough economic climate, few plan to cut back on holidays. In light of the decrease in overseas visits, this suggests Brits are still holidaying, but without leaving the British Isles.

Caravanning is the most popular paid-for hol-



THE WAY WE WERE?: Caravan holidays are set for a dramatic 2009 comeback

(Painting Kevin Walsh, print £29.95 see www.robertopicollection.com)

iday option, with a 19 per cent share of the market – second only to staying with friends and family. Although the UK offers many different options for those wishing to holiday here, records show that in the previous 12 months, sales of caravans and camping accessories have reached levels never achieved before.

Hoseasons chief executive Richard Carrick said the UK would benefit from the projected downturn in the 2009 overseas holiday market as consumers increasingly feel the pinch.

He said: "There is broad agreement that the overall number of trips taken by Britons will not rise in 2009, but neither will it fall much.

This means that the UK is well set to benefit from the predicted reduction in overseas trips.

"People will still want to go on holiday but they are likely to take short breaks closer to home as and when they can afford it. It will be a case of 'pack up the car and go', with a continuation in the ongoing trend for very late booking."

The Caravan Club is delighted with the trend and say holidaying in this country adds a massive £180 million to local economies.

Mr Carrick added: "This is the biggest opportunity to sell Britain ever, and we believe the travel trade will increasingly see the benefits of promoting domestic holidays in 2009."

Essential guide to where you can save

■ Hazlitt Arts Centre in Maidstone is offering two for one offer on music nights tickets normally £12 each, now two tickets for £12

■ H & H Flooring in Deal is offering an extra 10 per cent off all carpets

■ Deco 5, wine bar and gallery in Whitstable is offering 20 per cent off food all day Tuesday, Wednesday and Thursday. Light tapas-style menu

■ Cox & Son, furniture and soft furnishings-store in Ramsgate is offering interest-free credit on all carpet orders over £1,000

■ Angel Nail Studio in Ramsgate is offering first full set of acrylic nails for £22 and first infill's half price

■ Avalone Flooring Ltd in Strood is offering 10 per cent off carpets

■ Avinco Limited in Ramsgate is offering 15 per cent off aerial installation

■ Bourne Road Garage in Crayford is offering free car mats with all Mazda purchases new and used

■ Carpets 4 Less in Ashford is offering 10 per cent off carpets, rugs, vinyls, laminate and wood floors

■ Clarkes Furnishers in Maidstone is offering bed bargains – buy a 5ft divan set and pay only the sale price of a 4ft 6in

■ KOS is offering Snugfit mattress topper from Slumberdown from only £69.99, save up to £40. Various sizes available

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BY ANDREW JACKSON

It may not even be spring time yet but financial experts are urging people to plan for the future by saving up for Christmas.

Last year less than one in five of the people who responded to a survey by PayPoint, the UK's leading payment collection agency, made a serious effort to save for the festive season.

And one in 10 of the 1,000 respondents admitted they blew an entire month's pay and any bonuses they might have gained on gifts and partying – leaving them with nothing at all when it came to the month of January.

A total of £18 billion was spent across the UK in 2008 on Christmas presents despite the economic slump. Predictions for the coming season say this figure is likely to be exceeded.

And many families felt the pinch for a number of weeks following the festive season.

So it is probably not a surprise that more than 200,000 people have already signed up to begin saving for the holidays in nine months time with Christmas savings company Park which is a partner of PayPoint.

This figure is expected to double in the next few months according to analysts.

Peter Brooker Head of Corporate Affairs at PayPoint said: "Park helps people plan, budget and save for next year."

Savers can use PayPoint outlets to sign up for the scheme and these are located in stores such as Co-op, Spar, Costcutter, Sainsbury's Local and One Stop.

Gary Woods, Park's Managing Director, said: "Christmas is a difficult and expensive time for many, so our partnership with PayPoint will ensure that saving is really made easy with 21,000 PayPoint outlets across the UK and Ireland. On average our customers save almost £400 over the year, removing much of the worry."

"Everything is delivered in plenty of time for the festivities, giving customers time to relax and enjoy time with their families."



CHRISTMAS PREPARATION: Don't let the cost of the festive period catch you out, plan now

It's not too early to start saving for Christmas

Another suggestion is to enjoy the holiday season without all the stress and strain and budget-breaking expenses by having Christmas all year round.

Financial planners say, for example, if your son or daughter wants a new bike, don't tell him he'll have to wait for Christmas. He prob-

ably couldn't ride it then anyway.

Instead shop around for a really great buy and surprise him on May 3 and say that Christmas came early.

Spreading Christmas throughout the year is much cheaper and leaves you time to really enjoy the time off with your family.

To see this clip, search 'crunch'

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2008 12000 @ 2010AD

Setting up a small business? We've sought out the professionals to see if now is the right time to go it alone

Essential guide to where you can save

■ St Georges Chevrolet in Margate is offering free three years servicing extended AA roadside membership

■ Holiday Inn Express in Ramsgate is offering a room, bed and breakfast and entertainment package for £55 which includes movies, music and internet plus free parking

■ GG Racing in Ashford is offering free memorabilia – buy a share in a racehorse and receive a free mouse mat, coaster, key ring and fridge magnet worth over £10

■ KOS is offering luxury Egyptian cotton 400-count percale bed linen. Save up to 40 per cent off RRP

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Working out how to cut costs from home



By TONY O'NEILL

MORE people than ever are beating the credit crunch by keeping in shape training at home.

With gym membership costing around £500, exercising in the home is a growing trend.

Research shows that just 43 per cent pay a visit to their gym on a regular basis where as this time last year the number was 71 per cent.

Around a quarter of those staying in say they work out with their partners.

Hollywood personal trainer Cornell Chin, who has worked alongside stars such as Audrey Tatou and Leonardo Di Caprio, said home training has taken off in a big way.

He said: "The cost is of course a major implication. You do not have to fork out for a gym membership if you work out in your house."

"Then there is the convenience. No time is spent going to and from the gym, you don't need to queue for equipment and you can listen to your own CDs."

"Exercise DVDs can tell you what you need to know just as well as trainers and coaches."

"Lastly if it's cold and wet outside you don't need to make the effort to go out."

"It's all there for you indoors."

Although you can buy exercise equipment

for the home, the only item that is vital are dumb-bells.

Popular exercises include bodyweight work such as press-ups, pull-ups, skipping and jogging.

But specialist equipment in the home is also becoming more and more popular.

Nearly half of the people taking part in the survey said they had purchased dome items.

These included treadmills, rings, exercise balls, weights and even bars.

Website www.weightlossforgo.co.uk has identified exercises for home use. On the site details of how to lose weight are shown as well as ways of strengthening muscles.

Experts add that it is a good idea to check with a health professional and ask their opinion before undertaking any exercise, especially if it has been a while since you have undertaken any fitness.

These are their hints:

- Start off gently, and work within your comfort zone
- Increase your effort gradually over several weeks
- Maintain regular breathing throughout the exercises, try not to hold your breath - your muscles need oxygen!
- Try to keep strict form with control, not using momentum.

They also emphasise not to undertake any exercise if you are in pain or feeling unwell. If you feel faint, dizzy or unwell while exercising stop.

Essential guide to where you can save

■ Cox & Son furniture store in Ramsgate is offering to upgrade your carpet underlay for free, give super for standard price, and deluxe for super price

■ Avalone Flooring Ltd in Strood is offering 10 per cent off laminates

■ Avinco Limited in Ramsgate is offering a free consultation on digital TV

■ Bourne Road Garage in Crayford is offering a free tank of fuel with all Mazda purchases new and used

■ Clarkes Furnishers in Maidstone is offering £50 off the sale price when you buy any stressless chair and stool

■ Stonecroft Emporium in Broadstairs is offering free glowing bunny ears free when you buy a UV Tutu skirt

■ Lenleys in Canterbury is offering an extra £2 sq m off sale price of any carpet order over 15sq m, which includes underlay. Free fitting for standard rooms

■ Nasons in Canterbury is offering 10 per cent off beds and bedroom furniture

■ Old Sawmills in Ashford is offering 20 per cent off all showroom items

■ PK Commercial Tyres in Ashford and Maidstone is offering £10 off MOTs

■ KOS is offering ultra slim Danish Skagen watches only £69.99 save £20 on the RRP

■ Thorley Tavern's Oak Hotel in Ramsgate is offering 20 per cent off its bar-food menu

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Your mortgage could be a fast tracker to savings

By GARY WRIGHT

WE may be in tough times financially, but falling interest rates mean many mortgage holders have a great chance to make their lives better.

Interest rates were slashed again on March 6 to half of one percent.

So the advice is: Pay more.

Now that may seem crazy but if you have any form of tracker – the type linked to the bank base rate – or variable mortgage, you will have seen your monthly payment tumble over the past six months.

If you have a mortgage of £100,000, you are up at least £200, every month.

Now you could spend that money on some of the spectacular bargains on our high street, which is what the government wants because you'll be helping pump money into our economy, saving jobs, securing the future of Britain etc etc. However, a typical UK borrower with a 25-year £113,000 tracker mortgage in October 2008 is saving £218 a month according to the Council of Mortgage Lenders. You can add another £45 a month after the February half per cent cut.

And if you carry on paying the same amount you should be quids in. Analysts say you could knock years off your mortgage and benefit by not becoming used to spending that extra cash.



QUIDS IN: HSBC (inset) wrote to tracker mortgage customers about the benefit of overpaying; and (main) Cheltenham & Gloucester's marketing director said overpaying is a smart move

From your own point of view, you are no worse off than you were six months ago but you will help combat any loss of equity in your house and you will be reducing your interest payments and loan term in the long run.

HSBC wrote to 30,000 of its tracker and variable rate mortgage customers to explain the benefit of overpaying.

Meanwhile, Lloyds TSB reported that since November it has received more than 27,000 requests from customers wanting to set up overpayments and within days the interest rate was slashed by another half a percent.

HSBC says overpaying by £100 a month on a £150,000 mortgage at three per cent will save £11,482 in interest and shorten the term by four years and three months.

Stephen Noakes, Cheltenham & Gloucester's

marketing director, is on record saying: "For those who can spare the extra money, making overpayments is a smart move. Not only can it trim years off your mortgage but with house prices falling, overpayments will help to protect the equity in your home."

Remember interest rates will go up again some time in the future and for the thrifty who have not got used to the current low rates, they will not be hit when things do start creeping up again.

If your job is secure, getting used to low interest rates is a bad thing. When they do start going up you will have to readjust. Yet now you can help pay off your mortgage more quickly and benefit from the fact interest rates are at an all time low for any savings you might have.

Essential guide to where you can save

- County Bed Company in Strood and Tonbridge is offering 10 per cent off any mattress when purchased with a bedstead
- Lenleys in Canterbury is offering an extra 10 per cent off sale prices of rugs, pictures, mirrors and lighting
- Nasons in Wincheap, Canterbury, is offering 10 per cent off carpets
- Oliver Carpets in Ramsgate and Herne Bay is offering 15 per cent off when you spend more than £600
- Pomphreys Motors in Bapchild and Sittingbourne is offering car rental – book one day and get the second free
- Robins and Day Motors in Canterbury is offering a free winter health check on production of KOS voucher (normal RRP £19.99)
- Atlantis Restaurant in Ramsgate is offering 25 per cent off food from the a la carte menu
- Ideal Home Improvements in Sheerness is offering 10 per cent off advertised rates
- Kitchen to Table in Rochester is offering £10 off goods with an order value £50
- KOS – Save £200 on the Toyota CB04T Mark II sewing machine only £99.99 inc p&p
- Thorley Tavern in Broadstairs is offering a free glass of wine with The Table d hote menu Monday to Friday
- Move it Removals in Ashford is offering £1000 cash draw when you get a quote. Plus free packing boxes and paper tape for all removals booked

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Cash is still king

Some people are looking to make money as the financial markets collapse.

Sarah Hamilton discovers how some are managing to do it with investments

IN TIMES of economic gloom most attitudes are just "ride out the storm and let things get better".

But for a few far-sighted individuals the cash trough is a peak of opportunities to make a fortune.

Back in 1974, when the UK stock market was suffering its worst decline since 1929-31 – it was to fall 70 per cent – the investment guru of the era, Jim Slater propounded a truth that came to define the period and later became something of a cliché – "cash is king".

His words were: "You can't always turn shares into cash, or property into cash, or works of art into cash. But you can always turn cash into other things."

So, at the top of any would-be rich person's list should be the retention of a pool of cash.

This empowers investors to take advantage of an opportunity when markets over-correct and throw up bargains, as this present crisis will inevitably do. A second basic principle to accept is the spacing out of investments over time to avoid the trap of buying at the top or on a short-lived 'bounce'.

Over the past six months investors have sought to buy into bank shares convinced that they can fall no further – only to find that they have done so dramatically.

No-one knows where the bottom will be or when it will be reached, though this has not deterred investors from losing a great deal of money on the conviction that they alone are the ones that know. So be careful.



SHARES: Opportunity to make money?

Central to UK investor concerns is a return of inflation as pressure grows on the Bank of England's Monetary Policy Committee to cut interest rates. Investors can take out some protection through a product that has fallen out of fashion in recent years: index-linked Government stock.

This can be bought through a stockbroker or purchased through National Savings and Investments. It is currently offering two index-linked bonds of three and five years which pay a rate of 1.35 per cent plus the Retail Prices Index rate of inflation. The RPI rate is 4.1 per cent, giving a rate of interest paid of 5.45 per cent.

As the money earned is tax free, the total for a higher rate taxpayer is equivalent to 9.08 per cent. Investors can subscribe for a maximum of £15,000 through NSI.

Property is the asset class from which investors and their advisers most recoil at

present, it's a brave investor who looks at real estate – particularly in the USA. But there are powerful reasons for doing so.

As with the UK, 'average' figures are misleading as the US market covers areas of almost complete price collapses such as Detroit and areas such as up-market New York City and California, where values have held up relatively well.

Another area of investor interest at present is arable land. Values have risen in some areas of the UK by as much as 26 per cent in the past year due to the higher world prices being obtained for crops such as wheat.

This pressure is unlikely to relax any time soon. And investors who do not want to take on the responsibility of farm management can invest through a specialist fund.

Increasingly attractive are exchange traded funds consisting of precious metals and gems which are traded on the stock market and allow cheap exposure to commodities previously out of reach from ordinary income people.

Investors should also widen their choice of assets in this category to embrace exposure to the increasing green energy and renewables sectors. Those who do not have the confidence to invest in this sector directly or who wish to spread their risk can enter through funds such as the £51m Jupiter Green Investment Trust.

One thing is clear from all of this information – there are plenty of ways for forward-thinking portfolio managers to beat the credit crunch and make strong returns even in today's uncertain times.

To see this clip, search 'crunch'

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Recycling may not immediately spring to mind as a way to stretch your budget, but it can. Here's how...

Essential guide to where you can save

■ County Bed Company in Strood and Tonbridge is offering a free memory foam pillow with any memory foam divan or mattress

■ Lindsay's Driver Training in Hythe is offering for you to train to be a driving instructor with £50 off a part 1 study pack

■ Nasons in Canterbury is offering 10 per cent off tiles

■ Pompheys in Sittingbourne is offering half-price MOT with every service

■ The Pavilion in Broadstairs is offering a buy-two-get-one free breakfast from 9.30-11.30am, on Saturday and Sunday

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* Admission to the trials is free but a valid 'Key to the Castle' ticket is required to gain entry to the castle and attractions.

Keep up to date with events by visiting www.leeds-castle.com

Golden advice for all you savvy investors

By NICK AMES

WITH confidence in the stock market at a low ebb, house prices down and savings losing in value, the question for 2009 is simple: Where can money be safely kept to ensure long-term future prosperity for those with savings?

As 2009 gets under way, antiques, paintings and even postage stamps or classic motorcycles are all seen as better alternatives than stocks and shares.

Old Masters, Ming vases and penny blacks are possibly beyond the reach of most mid-range savers.

But there is one thing that is guaranteed to keep its value. Gold.

Gold bullion beat all other precious saving alternatives in 2008, the second year running and the third time since 2005.

A £1,000 investment in gold bullion on New Year's Eve last year would now be worth more than £1,427, according to BullionVault, a global gold dealer.

During the same period, the FTSE100 index of the UK's top firms has dived by almost one-third of its value - turning £1,000



into less than £689.

Then there was residential property, which before tax, maintenance and mortgage costs has transformed every £1,000 invested into just £870, according to Nationwide figures.

In part gold's rise over the year has been largely dependent on the loss in value of sterling against the US dollar, the currency gold is priced in. In dollar terms gold rose just three per cent in 2008.

But looked at long term gold is a good bet. The FTSE has plummeted by 36 per cent since its record peak of 6930, on New Year's Eve 1999.

On the other hand, since the turn of the century, gold has risen by 246 per cent against the British pound.

BullionVault's, Adrian Ash told website thisismoney.com: "Since Gordon Brown sold half the nation's gold reserves at rock-bottom 10 years ago this May, gold bullion has been by far the best-performing asset class for British investors overall."

Analysts have stated that gold looks very attractive in 2009 – if for no other reason that the year looks bad for everything else.

Historically gold rose during the last bout of sharp deflation in the Great Depression of the 1930s when US President Franklin Roosevelt revalued gold by 60 per cent and devalued the dollar by 60 per cent. This made gold's value increase from \$22/oz to \$35/oz.

PRECIOUS: Gold bullion is a safe investment

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Savers cash in accounts to reduce motoring bills

By STEVE LOADER

WITH savings accounts currently delivering such poor interest, many people see trading in a 'gas guzzler' for a cheaper and more economical model as a better return on their investment.

And there is some 'green' kudos to be had. The Government is using escalating road tax or VED (vehicle excise duty) to drive people into smaller and cleaner cars too.

The current scale is zero to £400/year and set to become tougher. By 2010, gas guzzling limos or 4x4s face £950 road tax in the first year, although anyone spending £50,000-100,000 on a car is unlikely to be put off by such a paltry sum.

As a result, some manufacturers have produced models that are actually exempt from VED by sneaking below the 100g/km CO₂ emissions mark and into band-A.

Most manufacturers also now have an 'Eco' sub-branding for their lowest emission models. Ford, for instance, is using the ECOntic label to highlight the most environmentally-friendly versions of key models such as the tax-exempt Fiesta ECOntic – arch-rival Vauxhall uses the ecoFLEX sub-branding.

Brilliant as they are, 'eco' models often cost more since they have diesel engines and special 'green' features that do not yet deliver the economy of scale savings available to makers across the whole model range.

FORD FOCUS ECONETIC: The ultra green version of the UK's No1 seller is tempting



VAUXHALL'S ASTRA 1.7-LITRE DIESEL ECOFLEX: (Right) Capable of returning a similarly frugal consumption figure

What is more, saving road tax is not such a great incentive when many conventional superminis sit in the lowest road tax band of £35 a year anyway; over three years with an eco model, saving £105 is irrelevant if you spend far more on buying that car in the first place and are then putting expensive diesel in the tank.

So, check out conventional equivalents of eco models and don't dismiss petrol power; that fuel is still cheaper and makes sense for lower mileage users, while emission and consumption levels are closing the gap on diesel equivalents.

Diesel engines also tend to be heavier, so you could find yourself going through tyres more quickly.

Don't ignore alternative power options either,



such as liquid petroleum gas (LPG) or hybrids – see our 'Diesel called into question' article.

Finally, just look again at what you have to part-exchange; you might have lost a packet in depreciation on that big 4x4, but work out what it will cost you to run it for the next three years – it might be a lot less than the cost of chopping it for a new car.

Essential guide to where you can save

■ Lindsay's Driver Training in Hythe is offering ADI Training course – £30 off a two-hour session

■ Lordswood Leisure Centre in Chatham is offering free function hire

■ Porphreys Motors in Bapchild and Sittingbourne is offering half-price MOT with every service

■ Simply Sofas & Beds in Strood is offering 10 per cent off beds

■ Living Out, Log Cabins in Maidstone offers free installation on all its standard range of cabins

■ Aylesford Self Storage in Aylesford is offering a free man and a van for clients renting storage for longer than three months

■ Baileys Nissan in Canterbury is offering 15 per cent off MOTs

■ Dee's Bistro in Sandwich is offering 25 per cent off your bill on Wednesday and Thursday evenings includes drinks and "WOW" during January, February and March, 2009. Meal is from the regular menu

■ Home Plus in Ashford/Chatham is offering free bedding set with any bed or mattress

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Diesel called into question

DIESEL has become the fuel of choice recently as UK buyers seek to cut costs, but do the sums still add up?

Part of diesel's appeal was the cheapness of the fuel, greater mpg and the ability of the engines to deliver better pulling power low down in the rev range and to meet tighter emissions legislation.

However, diesel now commands an increasing premium against petrol and there are doubts whether the engines can continue to meet ever-tougher emission laws.

Meanwhile, petrol has retaliated with smaller, lighter and cleaner engines with turbocharging and even supercharging for extra flexibility, while there are other options emerging to save money and the planet:

HYBRID

Current hybrids use petrol engines in tandem with electric units and Peugeot is planning to bring a diesel version to market soon.

But two powerplants and power supplies – fuel tank plus batteries – mean extra weight, while production complexity means higher prices so buyers need to cover many miles to counter this. Motorway mpg is also hardly better than a standard car.

LPG

Liquefied petroleum gas (LPG) looks like an excellent alternative fuel due to lower duty and emissions, cheaper car tax and grants towards the higher cost of buying new or converting older vehicles to run on LPG.

There is also a plentiful UK LPG supply as a spin-off from natural gas and refinery production of other fuels. There are many more LPG filling points across the country too – Kent now has some 40 LPG sites – and Proton recently launched a petrol and LPG version of its GEN-2 family hatchback for the same price as the petrol-only model (£10,765).



ECONOMY: Peugeot (top) is marrying its diesel expertise with electric power to create a new generation hybrid car to attack Toyota and Honda's petrol-electric models. Could it offer the best of both worlds? Meanwhile (below) Proton offers a petrol/LPG dual-fuel GEN-2 model for the same price as a standard petrol model, saving would-be buyers £1,500-2,000



By **STEVE LOADER**

LPG costs about half that of petrol and diesel at the pump, emits about 20 per cent less CO₂ than petrol and slightly less than diesel and fewer NOx and particulates than diesel. However, the calorific value and consequent mpg is slightly lower than for petrol and it will cost at least £1,500 to convert an existing vehicle via an approved LPG Association operator.

ELECTRIC

Electric-powered vehicles should be cheap to run, but battery technology cannot yet guarantee ranges to satisfy would-be owners. There is the worry too that the car's emissions are being transferred from the exhaust pipe to the chimney of a fossil fuel-burning power station.

BIOFUELS

Fuel derived partly from vegetable matter appeals since plants absorb CO₂ during growth and simply release it again when burned – a virtuous circle. They currently divide broadly into biodiesel and the petrol alternative bioethanol and most road fuels sold in the UK will contain at least five per cent biofuel by next year anyway. Some specialist vehicles run on higher 'bio' concentrations, but there is concern that using arable land or forest to grow 'biofuel' plants will strain global food supplies.

HYDROGEN

Use of this abundant gas to power electrically-driven cars looks like the future. Hydrogen cars are zero emission, producing only water as a by-product, but it is proving hard to establish the cost and possible emissions side-effects of producing the hydrogen fuel. It makes no sense for conventional power generators to burn oil, coal or gas to produce this emissions-free wonder fuel.



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By STEVE LOADER

SAVE money by downsizing and running a cheaper car and then gain even more by smarter driving and journey planning.

For a start, you can save pounds and wear and tear on the car by avoiding short journeys and perhaps get fitter too by walking or cycling; a cold engine can produce 60 per cent more pollution than a warm one and a car used for many short journeys needs extra servicing and wears its engine out faster.

More fuel is wasted and higher emissions are also generated from a cold start – traffic on UK roads contributes 26 per cent of the nation's total carbon dioxide emissions (CO2).

However, if your car journey is a must then follow these tips from the IAM (Institute of Advanced Motorists) and RAC Foundation motoring watchdogs:

- Plan your route – forethought can save wear and tear on car and driver. Try to take the most direct route – a sat nav can help – and go off peak if possible. If you have to commute, think about car sharing, Park and Ride bus schemes or other public transport.

- Have your vehicle serviced regularly to maintain efficiency and economy. Under-serviced engines reduce fuel economy by ten per cent or more. Catalytic converters are environmentally friendly, but only when maintained.

- Check tyres – under-inflated tyres need replacing more often (itself an environmental problem), are dangerous and waste fuel. Anybody who has cycled on 'flabby' tyres knows what extra effort is involved, so check pressures weekly.

- Obey speed limits to save money and stay legal. Try to 'feather' the throttle as you reach cruising speed; 56mph uses 25 per cent less fuel than 70mph and a smoother driving style will save fuel, but never coast in neutral or with clutch pedal depressed to save fuel – vehicle control must not be compromised.

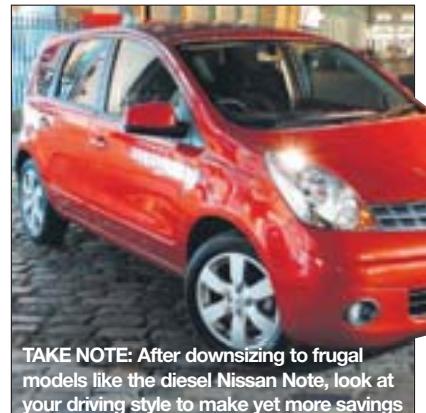
- Accelerate briskly without racing the

Clever driving is key to cheaper motoring

engine – pulling away too fast uses up to 60 per cent more fuel. Intelligent gear changes at modest engine speeds can cut fuel consumption by up to 15 per cent.

- Reduce drag – remove roof racks and carriers when not in use. Driving with windows open also mars aerodynamics and lowers fuel economy. Remove unnecessary and heavy boot luggage and avoid heavy accessories and wide tyres that add rolling resistance. Air conditioning lowers fuel economy so use the fan.

- Buy green fuel and use less. Seek out low sulphur diesel (City diesel) or cleaner petrol (low sulphur/aromatics) supplies locally. Consider a conversion to LPG (liquid petroleum gas), which is half the price of petrol, generates almost as much power and emits much less CO2.



- Use 'accelerator sense'. Do you go straight from accelerator to the brake? You save fuel if you plan ahead and, rather than have to brake as you hit traffic, gently let the speed of the vehicle bring you to a halt as you join a queue.

- Reverse in when you park. When you start off again, the engine is cold and inefficient. If you can drive away smoothly without having to reverse, you save fuel and have better visibility.

- Be a tank miser. Why fill the tank to the brim and carry more weight than is necessary?

- If you are stuck in a jam then you are doing zero mpg – turn off the engine after two minutes to save fuel and emissions.

For more eco driving tips see Julie Maddocks' online video report at: www.yourkenttv.co.uk/community.



Essential guide to where you can save

■ Spand Motors in Hythe is offering 10 per cent off MOTs when pre-booked

■ Simply Sofas & Beds in Strood is offering 10 per cent off sofas

■ Dartford Portable buildings in Dartford is offering up to 15 per cent off timber buildings. Finance options available on Crompton garages

■ Living Out, Log Cabins in Chestfield and Maidstone is offering 10 per cent off

■ County Garage in Herne Bay is offering a free protection pack worth up to £400. Free full tank of fuel, free Gard X Paint and interior protection, free front and rear mats

■ Aylesford Self Storage in Aylesford is offering free used boxes for all storage customers

■ Home Plus Furniture in Ashford/Chatham is offering £75 off when you spend over £500

■ FG Barnes in Maidstone is offering a free MOT for period of ownership when done with a service

■ Orchard Spot in Maidstone is offering 10 per cent off a wedding package

■ KOS is offering Five Global knives set, scissors and block, £199.99, save £150 off RRP

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yourmusic

Stage is set for unsigned bands to make Red List

FIFTY unsigned Kent-based bands have been added to the inaugural Red List Live festival line-up.

The acts will perform across two stages at the Port Lympne Wild Animal Park three-dayer, which aims to raise more than £100,000 for endangered species.

Unfortunately I do not have enough room on this music page to list all of the 50 bands. However, I can tell you that the artists beginning with the letter 'k' are; Krissy and the Jackdaws, Kelly Stanley, Kid iD, Karova and Klaus Says Buy The Record (acoustic set).

The best/most ludicrously named bands on the unsigned bill include Asteroids Broke My Stereo, Wear Wolves, Jack The Rip-Off and ChavTownBand.

Finally, my favourite three 'The' bands on

■ BY SIMON ROBINSON

the list are The Chinese Fireworks Company, The Lucky Face and the boy.the girl.and all the world.

Other acts confirmed to play the June festival include The Wombats – famed for Radio One friendly ditties Let's Dance to Joy Division, Moving to New York and Kill the Director – The Undertones and the utterly unmissable British Sea Power.

Red List Live artist booker Chris Pritchard said: "I am really excited to see some great Kent-based bands playing alongside some of the biggest British and international acts.

"We are proud of the talent that is coming out of the county and this is the chance for many festival-goers to see what is available on their doorstep."

James from music promoter Hevy, which has helped fill the unsigned stages, added: "We can't wait for Red List Live. This fantastic new festival is just what Kent needs."

"To be bringing together Kent's greatest upcoming bands to raise funds for The Aspinall Foundation is truly an honour."

Red List Live boasts a capacity of 15,000 campers.

A standard weekend ticket for adults (over 18) is set at £130. Early bird weekend passes are just £99. A day pass costs £50.

Tickets to the festival also allow entry into Port Lympne Wild Animal Park throughout the course of the weekend.

£5 from each weekend ticket and 50 per cent of all profits from the festival will go to helping endangered species.

For more information about the festival visit www.redlistlive.com.



SIGNED UP: (Left) Klaus Says Buy The Record and Polka Party (above) are two unsigned acts who will play at Red List Live

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FROM THE BEGINNING: My Last Mistake playing live at Zebra Bar



EVENING FOLK: Lucy Kitt plays Laurel Canyon at Orange Street music club



TOP FIVE UNSIGNED CHART

- 1 The Suspects - Ho Said (from Margate)
- 2 Directions - Equality Street (from Maidstone)
- 3 Shelta - Let's Talk (From Bexley)
- 4 The Semantics - Soho-Nympho (Gillingham)
- 5 Euston - In My Headlights (from Deal)

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YOUR TV REVIEW

■ BY TOM BETTS

THE ONE SHOW

BBC One, 7pm, week nights

COME round my house at 7pm on a weeknight and watch the fireworks fly. It's a conversational war zone and can get rather heated.

The subject of such vociferous debate? The financial meltdown that has seen all our credit well and truly crunched?

Or perhaps Gordon Brown's grasp on his own seemingly doomed premiership?

No... I'm afraid not.

None of these weighty matters gets a look in when the early evening debate centres on that much more important of topics: the merits of Christine Bleakley, The One Show's very own Irish lucky charm.

I think she's wonderful... those I live with do not, which is a shame.

Christine, who has lit up our living rooms over the last year or so since Myleene Klass decided that having a baby was more important than entertaining the nation, is 'regular Brummie' Adrian Chiles's co-presenter and brings a little light into my life five days a week.

Impeccably turned out and with a smile that could make Armageddon seem like no big deal, the show is in the safest of hands.

Quite why my housemates seem to hate her so much is a mystery to me. They usually slate her dress sense or call her fake, but I'm having none of it... they're just jealous.

After all, she was rather good on Strictly Come Dancing, and in my experience 20-something women instantly hate anyone who can out-dance them.

Whether discussing the merits of Twitter, stamp-collecting or how to plant a row of cabbages, there are very



TEATIME TREAT: Christine Bleakley, co-host of early-evening programme The One Show

few subjects off limits to Christine and her team of guest presenters, and that is the key to its success.

If you don't like what they're talking about now, then wait five or six minutes and another subject will be right along – oh, and Gyles Brandreth is often involved, making it even better in my book.

The show has become a mainstay of the BBC schedules since its launch in 2006 and has garnered a large following. The format is perfect while you're waiting for your pizza to cook, or your risotto if you're posh.

Taking the lead from Nationwide, the magazine show that ran for years on the same channel, TOS is destined to be around for many years to come, but let's hope Christine doesn't get pregnant, too.

That really would be a disaster.

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PLAYING hard to get with a lover will pay off in a strange way. They will be intrigued by your unorthodox ways. Don't bother explaining your behaviour. The more eccentric you appear, the deeper you will lure them into your web of intrigue.

- To find out more about what the stars have in store call Russell on **Aquarius** 09067-531762

TAURUS (Apr 21-May 21)

YOU could land a dream job if you put your mind to it. Don't be afraid to be a little aggressive about getting an interview. Competition is fierce, and you need to prove you are tough enough beat it. A youngster or lover may resent all the time you spend on preparing for this job.

- To find out more about what the stars have in store call Russell on **Taurus** 09067-531753

LEO (Jul 24-Aug 23)

SOMEONE may try to sweep you off your feet. You love their dark mystery, while they worship your creativity. It may feel as though you're walking through a dream in the early stages of this relationship. Be prepared for a surprise when the harsh light of day reappears.

- To find out more about what the stars have in store call Russell on **Leo** 09067-531756

SCORPIO (Oct 24-Nov 22)

IF you press your point, you can negotiate a better price for a beautiful piece of property. The home of your dreams is within your reach. It may be necessary to get some distance from a depressed friend. This man's grim outlook is beginning to take a toll on your personal life.

- To find out more about what the stars have in store call Russell on **Scorpio** 09067-531759

PISCES (Feb 20-Mar 20)

OBEY your instincts and follow through on a creative impulse. You won't be sorry. Turn a deaf ear to these criticism. By balancing work with play, you're a much happier person. If your partner doesn't understand this, you need to make your priorities clear.

- To find out more about what the stars have in store call Russell on **Pisces** 09067-531763

GEMINI (May 22-Jun 22)

BLENDING business with pleasure won't be too hard. If your employer sends you on a trip, be sure to pack a casual, off-duty outfit. Don't let a pessimistic relative cloud your thinking. Their gloomy outlook is at direct odds with your "can do" attitude. That's why you've progressed.

- To find out more about what the stars have in store call Russell on **Gemini** 09067-531754

VIRGO (Aug 24-Sep 23)

YOU could make considerable progress with a creative project. Don't get discouraged if you encounter some obstacles at first. Finding imaginative solutions to problems is your specialty. The results of a self improvement regimen are impressive to others, but you're not satisfied.

- To find out more about what the stars have in store call Russell on **Virgo** 09067-531757

SAGITTARIUS (Nov 23-Dec 21)

TAKING an art class could give you the intellectual stimulation you crave. It's fun experimenting with new techniques. Fortunately, your instructor will be open to your outlandish ideas. Career changes are forcing you to make changes to your personal life.

- To find out more about what the stars have in store call Russell on **Sagittarius** 09067-531760

ARIES (Mar 21-Apr 20)

SEPARATING from reality will be something of a challenge, especially at work. You need to keep your nose to the grindstone. Don't fool yourself into thinking you are irreplaceable. If you are seen slacking off, you could be fired. Spend time on a pet project after hours.

- To find out more about what the stars have in store call Russell on **Aries** 09067-531752

CANCER (Jun 23-Jul 23)

PROTECT your valuables, or you might just lose them. It's also important to keep your personal identity information under lock and key or someone could charge expensive items to you. A stuffy colleague could try to undermine your authority.

- To find out more about what the stars have in store call Russell on **Cancer** 09067-531755

LIBRA (Sep 24-Oct 23)

PUSH a youngster to develop their artistic talent. Most adults try to discourage young people from pursuing unconventional career paths, but not you. Of course, it's probably wise to encourage your friend to acquire some practical job skills, too.

- To find out more about what the stars have in store call Russell on **Libra** 09067-531758

CAPRICORN (Dec 22-Jan 20)

SPENDING a little extra money on luxury items is perfectly justified. You've always had difficulty gratifying your whims. Going on an extended vacation helps you loosen up and forget your inhibitions. Make sure to confirm your reservations before leaving.

- To find out more about what the stars have in store call Russell on **Capricorn** 09067-531761

Calls cost 75p per minute. Service provided by g8wave London N7



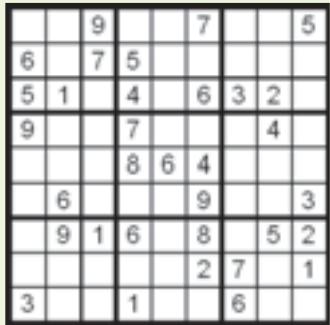
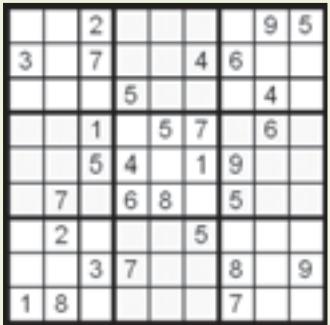
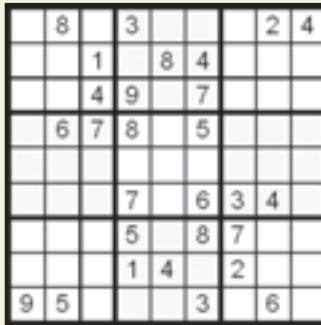
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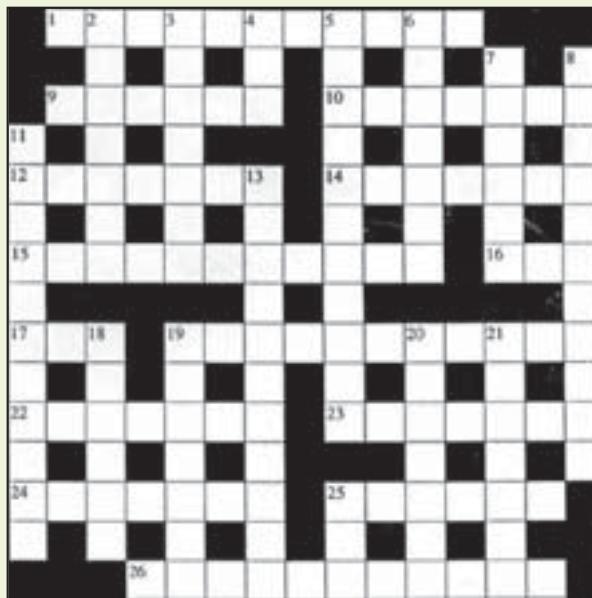
No78

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Fill the grid so that every column, every row and every 3x3 box contains the digits 1 to 9

EASY**MEDIUM****HARD****CRYPTIC CLUES****ACROSS**

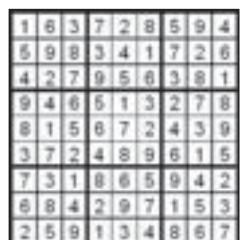
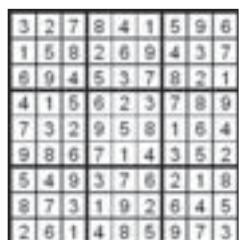
- 1 German citizen's sausage? (11)
- 9 Carry off salt by canal (6)
- 10 Outstanding type (7)
- 12 Gold helicopter blade back in New Zealand health resort (7)
- 14 Fit for taking over (7)
- 15 Alcoholic liquor coming from the forest? (6,5)
- 16 Bird entitled to appear within (3)
- 17 Won back immediately (3)
- 19 Isn't this ball round? (6-5)
- 22 Employ too many in to cover manoeuvrability (7)
- 23 Confide in some women trustees (7)
- 24 Said knight's title (7)
- 25 Many a flighty creature is cringing (6)
- 26 There's no knowing where you'll be going on this trip (7,4)
- DOWN
- 2 Makes fun of heavyweight apple! (7)
- 3 Impartial gear (7)
- 4 Healthy fellow with sex-appeal (3)
- 5 Revolutionary leader clothes Peter in France (11)
- 6 Question Devon banker about a half minute (7)
- 7 Show off one Parisian in maisonette (6)
- 8 Last, but three to score (11)
- 11 Trustee Joan removed drier device to confuse enemy (6,5)
- 13 Term Don Juan could have used for suspension (11)
- 18 Why go wrong in the boat? (6)
- 19 Abstract problem with army exercising (7)
- 20 Take away cart Ted smashed (7)
- 21 New male in France (7)
- 25 Endless trouble from motor (3)

SCRIBBLE HERE**QUICK CLUES****ACROSS**

- 1 Dejection (11)
- 9 Enthusiast (6)
- 10 Pause in line of verse (7)
- 12 Ornamented (7)
- 14 Patterned flooring (7)
- 15 Papal state (7,4)
- 16 Constrictor (3)
- 17 Thrash (3)
- 19 Destination (8,3)
- 22 Spanish nobleman (7)
- 23 Songlike (7)
- 24 Impose something unpleasant (7)
- 25 Town in Cumbria (6)
- 26 Mesmerising (11)

DOWN

- 2 Become equal (4,3)
- 3 Oceanic (7)
- 4 Kernel (3)
- 5 Special (11)
- 6 Distinctly (7)
- 7 Residential district (6)
- 8 Not attempting to hide blemishes (5,3,3)
- 11 Seat that turns round (6-5)
- 13 Maximum marks (3,3,2)
- 18 Adapt (6)
- 19 Merrymaking (7)
- 20 Underpants (1-6)
- 21 Each inn (anag.) (7)
- 25 Gear (3)

LAST WEEK'S SOLUTIONS**SUDOKU SOLUTIONS No77****EASY****MEDIUM****HARD**

Answers to all of this week's quizzes can be found on our website

CRYPTIC SOLUTION No77

ACROSS: 1 Basketball 6 Bill 9 Use up 10 Also 11 Herb 13 Under lock and key 14 Tidemark 16 Writer 18 Vagary 19 Proforma 22 In the first three 24 Lulu 25 Aged 26 Bambi 27 Tusk 28 Dead-letter. **DOWN:** 1 Bouquet 2 Stead 3 Export market 4 Blazonry 5 Lusaka 7 Ice-skater 8 Lobbyist 12 Unprofitable 15 Digitalis 17 Presided 18 Veinlet 20 Atelier 21 Jingle 23 Remit.

QUICK SOLUTION No78

ACROSS: 1 Despondency 9 Zealot 10 Casteua 22 Weighty 24 Prudent 25 Wateran 26 Dampfstrasse 27 Lyricist 28 Yacht 29 Journey's end 30 Zephyrus 31 Peafowl 32 Hidalgo 23 Zealous 24 Infiltrate 25 Kneaded 26 Chaperone 27 Lam 29 Journey's end 30 Zephyrus 31 Peafowl 32 Hidalgo 33 Zealous 34 Infiltrate 35 Wateran 36 Dampfstrasse 37 Lyricist 38 Yacht 39 Journey's end 40 Zephyrus 41 Peafowl 42 Hidalgo 43 Zealous 44 Infiltrate 45 Wateran 46 Dampfstrasse 47 Lyricist 48 Yacht 49 Journey's end 50 Zephyrus 51 Peafowl 52 Hidalgo 53 Zealous 54 Infiltrate 55 Wateran 56 Dampfstrasse 57 Lyricist 58 Yacht 59 Journey's end 60 Zephyrus 61 Peafowl 62 Hidalgo 63 Zealous 64 Infiltrate 65 Wateran 66 Dampfstrasse 67 Lyricist 68 Yacht 69 Journey's end 70 Zephyrus 71 Peafowl 72 Hidalgo 73 Zealous 74 Infiltrate 75 Wateran 76 Dampfstrasse 77 Lyricist 78 Yacht 79 Journey's end 80 Zephyrus 81 Peafowl 82 Hidalgo 83 Zealous 84 Infiltrate 85 Wateran 86 Dampfstrasse 87 Lyricist 88 Yacht 89 Journey's end 90 Zephyrus 91 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ON GENERAL RELEASE

WATCHMEN (18)



Relations between America and the Soviet Union are strained and in this politically-charged climate, a conspiracy involving the masked crime-fighters unfolds, which could affect the future of mankind.

THE YOUNG VICTORIA (PG)



Of all the love stories that have defined the British monarchy, none tugs the heartstrings like Victoria and Prince Albert. Tracing the romance between the first cousins, the film reveals the queen's frustrations.

THE UNBORN (15)



When Casey Beldon (Odette Yustman) suffers a series of disturbing visions, she discovers she was in fact a twin. It transpires her unborn brother died in utero, and an evil spirit is now haunting her.

A timely movie role for our international export

■ BY KATE WHITING

MAYBE it's the cup of tea in front of him, the way he thoughtfully strokes his chin as he speaks, or the genuine vigour in his voice, but Clive Owen seems surprisingly normal.

The ruggedly good-looking actor has come a long way from his 'rough' Coventry childhood, but despite winning over Hollywood, he remains fiercely loyal to the UK and is firmly rooted in London.

"I love living here," he says, leaning forward in his smart black suit.

"I came to London 20 years ago and fell in love with it. My kids are very happy here, they're very settled at school, all my friends are here, there's absolutely no reason for me to go anywhere."

Owen's family-centred home life is a world away from the red carpet glamour of Hollywood and you sense that's just how he likes it.

And when work, like his latest film *The International*, takes him away from home, he makes sure wife Sarah-Jane Fenton and their daughters, Hannah, 12, and Eve, nine, come too.

"They come to nearly every film I do, they come on location, they meet everybody and they have a great time," the 44-year-old says.

The International, as its title suggests, took the actor all over the world – from Berlin, to Istanbul, Milan and New York as his character, Interpol agent Louis Salinger, tries to bring down the world's most corrupt bank.

With the global economy in freefall and bankers swiftly being cast as the new villains, it's an eerily prescient film.

"It's amazing to think that Eric [Singer – the screenwriter] started writing it six years ago," he says. "When I read the script, I felt like it



HOLLYWOOD HEARTTHROB: Clive Owen

was a subject that was worth discussing and talking about now, but no one could have predicted how timely it's become."

His performance opposite King Kong star Naomi Watts in *The International* is followed next month by spy caper *Duplicity*, where Owen teams up with Closer co-star and Oscar-winning actress Julia Roberts.

"That script had some of the best dialogue I've read in years," he says, green eyes sparkling.

"It's about a couple of corporate spies who are having an affair and decide to scam the companies they're working for but don't trust each other at the same time, so it's just right for great dialogue scenes with lots of wicked humour."

VIEW THIS PREVIEW

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Owen's ascent to Hollywood hero has been a steady one – after winning a place at RADA in the mid-80s he started out on the stage at the Young Vic, playing Romeo to his future wife Sarah's Juliet.

He took on several TV roles, most notably as a loveable rogue in ITV series *Chancer*, before his breakout film role in 1998's *Croupier*. Then came *Closer*, which won him an Oscar nomination and cemented his place alongside Daniel Craig as one of Britain's most bankable leading men.

Once the publicity tours for *The International* and *Duplicity* are over, Owen has no idea what he'll be doing next, but he's not worried.

"It's actually quite nice. I'm currently in a place where I literally have no idea what I'm going to do next and it's quite exciting."

THE INTERNATIONAL Certificate 15

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PROPERTY NEWS



BURIED HER HEAD? Margaret Beckett

The system isn't HIP, it's time to cancel it

ESTATE agents have called on the Government to suspend the compulsory Home Information Pack (HIPS) system – saying it is “simply not working”.

The call has been made by the National Association of Estate Agents' chief executive Peter Bolton King, following the publication of the communities and local government committee's annual report.

Mr Bolton King said: “Once again a fair and rational examination of Home Information Packs has concluded that the system as it stands is simply not working.

“Firstly the cost is punishing sellers in the pocket at a time when they really need all the help that they can.

“More galling, they are spending this money in the knowledge that 77 per cent of buyers admit that they paid no attention to the pack whatsoever.

Housing minister Margaret Beckett herself admitted that HIPS are not working – but now she seems to have buried her head in the sand along with the rest of her department.

“HIPS are confusing to customers and act as a dampener on a housing market which is essential to Britain's economic recovery.

“With all indicators pointing to a troubled year ahead the NAEA calls on Mrs Beckett to suspend HIPS while the housing market is suffering and re-examine their viability once the market has begun to pick up.”

Signs point to injection of cash to aid market

■ BY NICK AMES

THE latest figures from the Bank of England reveal that mortgage approvals fell further in January – despite moves to assist lending.

Financial experts are calling for a further injection of cash in order to boost the property market and assist in an economic recovery.

They say the measures introduced so far have proved inadequate to kick-start a major recovery. And in the latest move the Bank of England slashed interest rates to a new low of 0.5 per cent.

Chancellor Alistair Darling justified the move by saying: “The key thing for each and every one of us is to ensure we get the economy moving to help people and to help businesses grow.”

The move came as figures were released revealing a total of 98,000 mortgages were approved in the first month of 2009, compared to 253,000 mortgage approvals in the same period 12 months ago.

Some 31,000 home purchase mortgages were approved, down 34 per cent on the figures for a year ago and remortgage approvals fell 71 per cent to 34,000.

Total mortgage lending stood at £9.1 billion – an annual fall of 64 per cent.

Jason Bolton, mortgage expert at financial website Rubii.co.uk, said: “In December we saw a mini spike and people were immediately talking about a recovery – I think these latest figures show that talk of a recovery was a little premature.

“Even though levels of interest among buyers have improved noticeably since the turn of the year, lending conditions are still extremely testing and are likely to remain so for the rest of 2009.”

He explained interest rate cuts had yet to have a full effect and the only buyers taking advantage of house price falls are those with cash already behind them.



HEADING FOR BETTER TIMES? Even though levels of interest among buyers have improved noticeably since the turn of the year, lending conditions are still extremely testing and they are likely to remain so for the rest of this year

“The lack of affordable mortgage deals will continue to frustrate buyers hoping to benefit from a property market that has dropped significantly in the last 12 months,” he said.

Simon Robinson, chief economist at the Royal Institution of Chartered Surveyors, said the figures show more cash must be put into the market.

He said “Despite three consecutive monthly

increases in the RICS 'buyer enquiries' series, the actual level of new mortgage approvals continues to languish.

“Announcements by both Northern Rock and RBS indicate that a little more funding will flow into the mortgage market over the coming months but as things stand, this will only boost the available finance in the region of ten per cent compared with 2008.”

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Substantial family home. Central location. Four bedrooms. Sitting/dining room. Gas central heating. Rear garden. Self-contained flat. Viewing recommended.

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MARKLAND ROAD OIEO £140,000
Elms Vale. Internal viewing recommended. 3 Bedroom Semi Detached House with off road parking. 17' Kitchen/Diner. Lounge. Conservatory. Bathroom. Established garden with side access.

Dover Office 01304 207099



MILLAIS ROAD OIEO £120,000
Favoured Charlton area. Bay fronted terrace house on the level. Three bedrooms. 27'0 lounge/diner. Kitchen. Bathroom. Level garden. Off-road parking.

Dover Office 01304 207099



OSWALD ROAD OIEO £115,000
Three bedroom mid-terrace house. Bay fronted. Lounge/diner. Gas central heating. Double glazing. Ground floor bathroom. Second WC. Rear garden. Viewing recommended.

Dover Office 01304 207099



WYNDHAM ROAD OIEO £90,000
Popular Tower Hamlets area. Two bedroom terraced house. Open plan lounge/diner. First floor bathroom. Central heating and double glazing.

Dover Office 01304 207099



RINGWOULD £349,950
A detached family home. Four bedrooms with a master having dressing room, family bathroom, shower room, sitting room. Reception dining room with garden, kitchen/diner.

Dover Office 01304 207099



FOLKESTONE £69,950
By order of our corporate client. Two bedroom terrace house. Central location. Central heating. NO ONWARD CHAIN.

Folkestone Office 01303 250757



FOLKESTONE £104,000
Two bedroom terrace home. Lounge/dining room. Popular Cheriton area. NO ONWARD CHAIN.

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CHERITON £129,995
Chain free three bedroom home in need of modernisation. Popular Cheriton area. Lounge. Dining room. Kitchen. Bathroom. Front courtyard and rear garden.

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FOLKESTONE £167,500
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HAWKINGE £239,995
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HYTHE £300,000
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ALKHAM £360,000
4 bedroom detached period house. Entrance Hall, Living Room, Dining Room, Kitchen/Breakfast Room, Study, Reception Four currently being used as a second living room, Shower Room.

Kearsney Office 01304 823714



DOVER £359,995
4 bedroom executive detached house situated on a private road in Kearsney. Porch, Entrance Hall, Downstairs Family Bathroom, Lounge, Dining Room, Kitchen, Utility, Study and Two Bedrooms.

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TEMPLE EWELL OIEO £200,000
3 Bedroom Detached Bungalow. Entrance Hall, L-Shaped Lounge/Diner, Sun room, Kitchen, Family Bathroom with separate WC. Rear plot approx. 1/3 acre backing onto woodlands.

Kearsney Office 01304 823714



WHITFIELD £185,000
2 bedroom detached house. Entrance Hall, Lounge/Diner, Conservatory, Kitchen/Breakfast Room, Utility Room and Downstairs WC. First floor two double bedrooms and family bathroom.

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WHITFIELD £175,000
NO CHAIN. 4 bedroom semi detached house. Porch, Lounge, Dining Room, Kitchen, Conservatory. First floor offers 4 bedrooms with ensuite to master and family bathroom. Rear corner plot garden.

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SHEPHERDSWELL OIEO £175,000
4 bedroom semi detached house. Entrance Hall, Lounge, Conservatory, Kitchen/Diner, Ground Floor Bathroom, Front & Rear Gardens and Driveway. Central heating.

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ST. MARYS BAY OIEO £150,000
In need of some TLC with the potential for development. Three bedroom detached bungalow benefiting from garage, off road parking and 56ft rear garden.

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GREATSTONE £169,950
Three bedroom detached house located in popular area of Greatstone. Lounge, dining room, kitchen / breakfast room, master bedroom with shower cubicle and balcony, 90ft rear garden & garage.

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ST. MARYS BAY £175,000
Detached bungalow offering two double bedrooms, lounge, kitchen, 26'9 sun lounge, fully enclosed 70' rear garden, detached garage and off road parking for several vehicles.

New Romney 01797 363194



DYMCHURCH £199,995
Located in a private road with a large rear garden backing onto fields. Three bedroom detached bungalow which benefits from gas central heating, double glazing and a conservatory to the rear, no chain.

New Romney 01797 363194



ROMNEY MARSH OIEO £169,995
Cul de sac location. Four bedroom semi-detached house offering lounge and dining room, downstairs cloakroom, enclosed rear garden and solar panels. No chain.

New Romney 01797 363194



GREATSTONE £295,000
Detached two bedroom chalet style property situated in prime position backing directly onto the sand dunes in Greatstone. First floor open plan living area, en suite bathroom.

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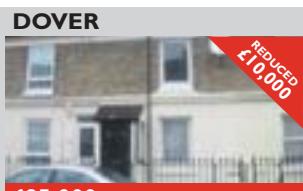


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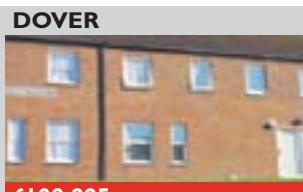
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£129,950

3 bedrooms semi detached house with two receptions, downstairs cloakroom, double glazing, central heating.



OFFERS IN EXCESS OF £149,000

Three bedroom semi detached house, double glazing, conservatory, gas central heating, parking, garden.



£155,000

Four bedroom end of terrace house in Elms Vale area with double glazing, central heating, utility and garden.



£180,000

3 bedroom semi detached house with two receptions, bathroom, shower room, original features, rear garden.



OFFERS IN EXCESS OF £190,000

3 bedroom semi detached house with two reception rooms, double glazing, gas central heating and garden.



£199,995

Three bedroom end of terrace house in village location with two reception rooms, double glazing, central heating.



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Three bedroom detached bungalow in village location with conservatory, two garages. No chain.



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£110,000

Ideal for 1st time buyer or investment, entrance hall, lounge/diner, kitchen, two bedrooms, bathroom/WC and an attic room.



£119,500

3 bed split level apartment situated in the Harbour area. The property is well positioned for all local amenities.



£119,995

two bedroom terrace home which benefits from double glazing, gas central heating, gardens and parking.



£125,000

Sought after East Cliff cul-de-sac location. Excellent decorative order. First time to the market in 90 years!



£129,995

In good decorative order comprising: kitchen, lounge, two bedrooms and bathroom/WC. Rear garden.



£162,500

This family home comprises: lounge/diner, kitchen, three bedrooms, bathroom/WC and an attic room.



£174,995

three bedroom semi-detached property which benefits from garage, parking, double glazing and central heating.



£185,000

Unique style family home, 1/2 receptions, kitchen, 3/4 bedrooms, one en-suite and bathroom/WC.



£189,995

The property has been much improved including: fitted kitchen, modern bathroom, garage/utility and gardens.



£195,000

Link-detached house, porch, entrance hall, cloakroom, lounge, fitted kitchen/diner, utilit, 3 bedrooms, en-suite.



£215,000

1930's detached house, in good decorative order, cloakroom, hallway, breakfast room, kitchen, 2 bed.



£248,000

This detached bungalow is situated in an elevated position in a cul-de-sac offering Channel views to the front.



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Viewing is recommended for this penthouse apartment offering flexible use of accommodation.



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- No chain



DOVER £129,995

FOLKESTONE OFFICE HFP02729

- 3 bedroom maisonette
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- Own garden



THE LEAS £310,000

FOLKESTONE OFFICE HFP02671

- Metropole court, the leas
- 4 bedrooms, 2 receptions
- Spacious entrance hall



DOVER £119,995

FOLKESTONE OFFICE HFP02857

- Two bedrooms
- Ground floor
- Sold with tenants in situ



FOLKESTONE £109,995

FOLKESTONE OFFICE HFP02054

- Three bedroom terraced
- In need of renovation
- No chain



FOLKESTONE £199,995

FOLKESTONE OFFICE HFP02297

- Three double bedrooms
- En suite bathroom/wc
- Shower room



FOLKESTONE £174,995

FOLKESTONE OFFICE HFP02730

- Newly built home
- 3 bedrooms, 2 x w.c.
- No chain & off road parking



DOVER £199,995

FOLKESTONE OFFICE HFP02887

- 4 bed victorian
- Period features
- Sought after home



DOVER £174,995

FOLKESTONE OFFICE HFP02879

- Period masterpiece
- 3 bedrooms
- Original features



HYTHE £119,995

FOLKESTONE OFFICE HFP02685

- 2 bedroom terraced
- Dg / gch / rear garden
- Off road parking



DOVER £119,995

FOLKESTONE OFFICE HFP02858

- Three bed semi detached house
- Part sash windows
- Rear sunny aspect garden



FOLKESTONE £109,995

FOLKESTONE OFFICE HFP02605

- 3 bedroom terraced home
- Lounge, kitchen/diner
- Some decoration required



THE BAYLE £139,999

FOLKESTONE OFFICE HFP02428

- 2 bed retirement home
- Lift
- No chain



FOLKESTONE £104,995

FOLKESTONE OFFICE HFP02546

- One bedroom flat
- Fantastic views
- Excellent condition



THE GATEWAY £159,995

FOLKESTONE OFFICE HFP02876

- Stunning views
- Two bedrooms
- Keys ready



DOVER £115,000

FOLKESTONE OFFICE HFP02854

- 3 bed home
- Over 3 floors
- No chain!!



FOLKESTONE £235,000

FOLKESTONE OFFICE HFP02395

- Three garages
- Two bedrooms
- Immaculate bungalow



ST MARGARETS-AT-CLIFFE £225,000

FOLKESTONE OFFICE HFP02888

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MOTORS NEWS



Zoom-Zoom all-new star is out in the open

MAZDA has unveiled its exciting MPS performance star from the all-new Mazda3 line-up.

A limited slip differential has been retained from the original, which should allow the impressive 2.3-litre turbocharged engine to apply maximum power without the front driving wheels relaying 'torque steer' to the driver's hands.

The new lighter and sleeker Mazda3 line-up also has a new fuel and emissions saving stop-start 'i-stop' system and is expected around May time.



Bargain open-top buys as recession hits hard

If you always fancied an upmarket crop-top and have money saved, now is the time to buy, says Glass's Guide.

The trade 'bible' reveals that year-old/12,000-mile prestige convertibles are worth up to a quarter less than in March 2008, though bargain hunters must move fast ahead of an expected summer rush.

Best value is the folding hardtop Mercedes-Benz SLK 280 (pictured) and Guide spokesman Richard Crosthwaite added prestige roadster/cabriolet values used to outperform most sectors, but have been hit by decline in consumer spending.



Hyundai i-20 heating up the hatch price war

FRESH from launching the five-door i20 supermini replacement for the Getz, Hyundai has a three-door version due here in April.

Already undercutting rivals in a sector that has grown quickly as buyers race to downsize, this new i20 version will add to pressure with the usual Hyundai five-year warranty and a start price of £8,195 – £450 less than the five-door. Most buyers are expected to choose the lightweight 76bhp 1.2-litre petrol engine for its low fuel consumption and CO₂ emissions.



RAISING THE BAR: Not only has the Yaris received a new look, Toyota has also implemented its new Optimal Drive technology which boosts the engine's efficiency and emissions

New-look Yaris makeover has given it optimal appeal

TOYOTA set the bar high with the original 1999-vintage Yaris supermini.

It needed to, after earlier supermini candidates that were pretty underwhelming – remember the optimistically-named Starlet?

However, after a quantum leap with the first Yaris, the next step always risked looking conservative.

And so it seemed when the Mark II launched in 2006; unique selling points were repeated – trouble-free and cheap motoring plus loads of space – but little else seemed new or exciting.

But the Mark II Yaris grows on you and looks all the better for a 2009 makeover (now from £8,585), not simply due to a fresher front and rear end either.

The big news is under the bonnet; Toyota is implementing new Optimal Drive technology widely, but progress in the supermini sector is most crucial as the recession continues.

Optimal Drive boosts combustion efficiency, while reducing friction plus engine and transmission weight to deliver better power, economy and emissions – all Yaris models now qualify for the lowest payable road tax (£35/year).

ROAD TEST TOYOTA YARIS

■ BY STEVE LOADER

STAR QUALITY

Driving appeal	★★★★★
Image	★★★★★
Space	★★★★★
Value	★★★★★
Running costs	★★★★★
Reliability	★★★★★
Green rating	★★★★★

Impressively, the engine line-up also now includes a lively yet frugal new 1.33-litre petrol engine with 'Stop & Start' to cut the engine and restart it automatically at traffic lights or in stop start traffic.

Toyota claims a class-leading 55mpg average and it is typical of new generation petrol engines that are carrying the fight to diesels, which deliver less value for money in small cars due to extra weight and higher upfront cost.

The 1.33, as tested here in attractively packaged and priced SR (£10,915) form, feels fast and nimble for this class and very much a car for these times.

The rear seat can be adjusted fore and aft – a feature that made the original such a hit – to boost legroom or boot space according to immediate need, and there is plenty of room and storage flexibility in front.

The cabin can be noisy when the engine is under duress and I still don't like the Yaris's trademark centrally-mounted speedo and gauges – I think the former should be as close to straight ahead as possible – but the slick six-speed shift is mounted nice and high and Stop & Start is one of the smoothest and most inobtrusive of such systems tried so far.



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USED CAR ROUND-UP: OUR PICK FROM A KEY SECTOR

AFFORDABLE COUPÉS

SUPERCARS are all well and good, but you can have fun and cut a dash for a lot less cash with an affordable sports coupé from less glamorous carmakers, especially when these hit the used market. Two of our choices here represent superb value and while the original Audi TT was a premium purchase new, the numbers available second-hand make them an accessible and, in most cases, easily maintained sporting option. This trio also make an eye-catching change from spec'd-up three-door hatchbacks masquerading under the 'coupe' label.

AUDI TT



SEEMINGLY out of nowhere, Audi created the retro-styled TT Coupé – an instant classic evoking the lines and spirit of the great pre-war Auto Union racers. The chic retro theme continues inside the car, which is beautifully made. The original TT's only weakness was a chassis that failed to reach the high standards of contemporaries like the Porsche Boxster, but the blend of fun, style and image is hard to beat at really quite affordable prices now for most versions.

STAR QUALITY

Driving appeal	★★★★★
Looks and image	★★★★★
Space	★★★★★
Value	★★★★★
Running costs	★★★★★
Reliability	★★★★★
Quality	★★★★★

TOYOTA CELICA



DESPITE a drippy name, the last (seventh generation) Celica – at least for now – is a class act that justifies some extra investment. It was a sophisticated drive, yet still very practical with good seating for four plus a useful rear hatchback and load area. The styling is timeless, so it doesn't matter this version was launched in 2000. Best of all, it has a range of free-revving engines, great chassis and built-in Toyota reliability – an unsung hero.

STAR QUALITY

Driving appeal	★★★★★
Looks and image	★★★★★
Space	★★★★★
Value	★★★★★
Running costs	★★★★★
Reliability	★★★★★
Quality	★★★★★

HYUNDAI COUPÉ



ONCE Hyundai sorted out the styling and quality glitches of early generations, the Korean brand's 'reliable budget four-seat coupe' proposition was bound to take off. The latest coupé is beefier and smarter and confirms what great value the car is. The chassis cannot rival the Toyota Celica, but delivers great fun with modest outlay. From 0-60mph in 8.2 seconds, there is also the 2.7 V6 version. You may also find a car with some of Hyundai's five-year warranty still intact.

STAR QUALITY

Driving appeal	★★★★★
Looks and image	★★★★★
Space	★★★★★
Value	★★★★★
Running costs	★★★★★
Reliability	★★★★★
Quality	★★★★★

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07 07 Renault Megane 1.6 VVT Dynamique 5dr
Parker's Price £7,010
Save £511* Our Price £6,499

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Parker's Price £12,644
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Parker's Price £9,255
Save £1,256* Our Price £7,999

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Parker's Price £7,070
Save £571* Our Price £6,499

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ALFA ROMEO

146 TI, 5 door, p 1996, a car that will one day become a collectors item. the car is a 2 owner from new with full service history mainly main dealer. it has the 2.0 engine which produces 150bhp, along with a 5 speed manual gearbox, a test drive is welcome as well as any inspection. px is available against this car. red, 94000 miles, £1495, Courtey Cars, Charing, 01333 714848 (TRADE)

AUDI

A2, 2003, abs air con alloy wheels board computer cd player clock driver airbag seat height adjustment electric front windows exterior mirror heater leather steering wheel passenger airbag radio side airbag driver and passenger steering wheel with radio control tilt/steering wheel, blue, 29277 miles, £5995, FG Barnes, 01622 75531 (TRADE)

A6, SE 4dr 2.4 Man, gj51nzf, remote central locking, cloth upholstery, head restraints, power steering, air bag, abs, colour coded body, metallic paintwork, electric windows, air conditioning, cd player, radio, electric mirrors, 15" alloys, green, 130000 miles, £2999, Marshams, Maidstone, 01622 200 100 (TRADE)

TT, Quattro 1.8 20V T 225ps, dec 2001, 3 previous keepers, power steering, remote central locking, climate control, electric windows, 6 speed gearbox, full service history, single cd, twin & side airbags, abs brakes, esp, engine immobiliser, car alarm, on-board computer, electric door mirrors, front fog lamps, tinted glass, adj. steering column, seat height adjuster, grey leather interior, sports seats, heated seats, split rear seats, alloys, brilliant black metallic, 45,500 miles, £12,995, Hollis Motors, Dover, 01304 206710 (TRADE)

TT, 1.8 20R, 2002, trim: leather engine size: 1800 transmission: manual no: of doors: 2, green, 14000 miles, £14995, Palm Bay, Margate, 01843 298554 (TRADE)

BENTLEY

ARNAGE, red label auto, 2001, blemish silver with black leather, 50000 miles, £44950, Martin James Cars, Kent, 01795426700 (TRADE)

BMW

3 SERIES, 320 D ES E90, 22753188, black, 0 miles, £9995, Big Motoring World, Wrotham Heath, 01732 220555 (TRADE)

3 SERIES, 325i SE, air con, climate control, full leather, abs, power steering, twin air bags, curtain airbags, side air bags, traction control, cruise control, trip computer, multi-function steering wheel, auto-dip rearview, rain-sensing wipers, cd player, radio, adjustable steering column, electric windows, electric mirrors, remote central locking, remote alarm, height adjustable seat, front fog lamps, parking sensor, alloys, black, 38300 miles, £7695, Kings Highway Garage Ltd, Plumstead, 020 8855 4000 (TRADE)

5 SERIES, 520 i auto, lg52kkk, remote alarm, remote central locking, centre armrest, head restraints, power steering, abs, multiple airbags, front fog lamps, metallic paintwork, electric mirrors, electric windows, air conditioning, radio cassette, 16" alloys, always over 60 mercedes-benz cars in stock! we will not be beaten on price! fully fsa regulated, light blue metallic, 85000 miles, £7995, DW Leisure Mercedes Benz Specialist, Welling, 0208 8548037 (TRADE)

6 SERIES, 645ci coupe, 2004, mystic blue with black dakota leather, 39000 miles, £24950, Martin James Cars, Kent, 01795426700 (TRADE)

7 SERIES, 735i AUTO, 2002, oxford green metallic with beige nappa exclusive, 79000 miles, £11950, Martin James Cars, Kent, 01795426700 (TRADE)

Z3, 1.9 Roadster Convertible, 2d 1895cc, p180jmf, abs braking system, alloys, leather seats, electric windows & mirrors, central locking, deadlocks, asr traction control system, power steering, drivers airbag, electric driver's seat, radio / cd, front foglights, black, 59150 miles, £4995, E-SURED Cars, Folkestone, Broadcastairs, 0845 6447751 (TRADE)

CADILLAC

CTS, cts 3.6 sport luxury v6, 2005, light platinum with black leather, 22379 miles, £12950, Martin James Cars, Kent, 01795426700 (TRADE)

CHEVROLET

AVEO, 2008, abs air con, anti theft protection cd player central locking

clock driver airbag driver seat height adjustment electric front windows

passenger airbag power steering

radio tiltable steering wheel wiper rear window, poly silver, 25 miles,

£8145, FG Barnes, Maidstone, 01622 755531 (TRADE)

KALOS 5dr, central locking, immobiliser, power steering, electric mirrors, electric windows, air con, abs, cd player, metallic paintwork, colour coded body, cloth upholstery, alloy wheels, aluminium silver, 3000 miles, £9595, Automatically Ray Morris (Bexleyheath), 01322 524 680 (TRADE)

MATIZ, SE AC 5dr, air con, cd player, radio, power steering, abs, cloth upholstery, height adjustable seat, twin air bags, electric front windows, rear wash/wipe, remote central locking, remote alarm, blue, 1800 miles, £4595, Kings Highway Garage Ltd, 020 8855 4000 (TRADE)

CITROEN

BERLINGO MULTISPACE, pas, abs, air con, remote central locking, front fog lights, radio/cd, trip computer, side airbags, drivers airbag, isofix child seat anchor points, roof rails, 3x3 point rear seat belts, cloth seat trim, front head restraints, service indicator, rear wiper, immobiliser, audio remote control, grey, 5 miles, £11995, Thames Group Tunbridge Wells, 01892 549766 (TRADE)

TACUMA, CDX Plus, alarm, anti-theft system, central locking, immobiliser, remote central locking, cloth upholstery, centre armrest, height adjustable seat, metallic paintwork, abs, power steering, electric mirrors, air con, cd player, 15" alloys, grey, 7000 miles, £4995, Automatically Ray Morris (Bexleyheath), 01322 524 680 (TRADE)

CHRYSLER

300C, 5.7v8 auto estate, 2007, brilliant crystal met with dark and light slate gr, 10577 miles, £18950, Martin James Cars, Kent, 01795426700 (TRADE)

C1, 1.0i Vibe 3dr, 2006, 1.0i vibe 3dr hatch, red, 5721 miles, £5295, Barretts Citroen, Canterbury, 0845 3709768 (TRADE)

C-CROSSER, 2.2 HDI Xclusive 5dr, 2008, 2.2 hdi exclusive 5dr diesel estate, grey, 12000 miles, £17995, Barretts Citroen, Canterbury, 0845 3709768 (TRADE)

NEMO, 1.1i HDI X, 2008, 1.4 iidi x diesel, white, 1000 miles, £6995, Masters Citroen, Penge, 0208 659 0909 (TRADE)

C2, 1.1i Cool 3dr, 2008, 1.1i cool 3dr hatch sp ed, poseidon blue, 9000 miles, £6495, Barretts Citroen, Canterbury, 0845 3709768 (TRADE)

C4, SX 16v 5dr, 2011, 16v 5dr, central locking, immobiliser, cloth upholstery, folding rear seats, rear wash/wipe, metallic paintwork, colour coded body, multiple airbags, abs, power steering, electric front windows, air con, cd player, aluminium silver, 27000 miles, £4995, Automatically Ray Morris (Bexleyheath), 01322 524 680 (TRADE)

SAXO

SAXO, 1.6i 16V T5 Hatchback 3d 1587cc (2000), 03, met blue, miles, £3999, Bob Fisher Garage, Ashford, 01303 814131 (TRADE)

FIAT

DOBLO, 8v Dynamic Hr, yx57pwn, grey, 1700 miles, £7495, Automatically Ray Morris (Welling), Welling, 0208 303 4030 (TRADE)

MAREA, TD 100 SX Weekend, 1998, red, 106000 miles, £995, County Car Sales, Dover, 01304 242324 (TRADE)

MULTIPLA, 815 Enterprise Refrigerated Chiller Freezer, ce56zvv, twin sliding doors, dual passenger seat, cd player, remote central locking, power steering, grp lined, gah equipment, electric standby available if required (optional extra), white, 18000 miles, £8500, BHRV, Sevenoaks, 01474 853034 (TRADE)

CRONOS, 1.2 HDI 10 ELX, 2008, 1.4 iidi x diesel, white, 1000 miles, £6995, Masters Citroen, Penge, 0208 659 0909 (TRADE)

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06 55	SEAT IBIZA 1.4 SPORT 5 DOOR SILVER	, 1 KEEPER, 26500 MILES	£5,995
05 55	SEAT IBIZA 1.4 SPORT 3 DOOR BLACK MAGIC METALLIC	1 OWNER, ALLOYS	£5,595
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06 56	CITROEN C1 1.0 VIBE 3 DOOR SCARLET RED	, 1 KEEPER, 16500 MILES	NOW ONLY £4,995
03 03	PEUGEOT 307 1.6 LX ESTATE SILVER/GREY MET	, 1 KEEPER, 41600 MILES	£4,295
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PANDA, 1.2 Eleganza 5dr Hatch, pas, abs, remote central locking, front electric windows, alloys, radio/cd, trip computer, passenger airbag, electric door mirrors, steering wheel rake adjustment, drivers airbag, climate control, cloth seat trim, Isofix child seat anchor points, service indicator, body coloured bumpers, height adjustable drivers seat, space saver spare wheel, rear wiper, immobiliser, cocktail blue metallic, 14000 miles, £5495, Thames Group Tunbridge Wells, 01892 549766 (TRADE)

SCUDO, 2.0 JTD SX 3+3 Combi Window Van, cloth upholstery, 3-person rear seat, twin sliding doors, barn doors, dual passenger seat, adjustable steering column, power steering, abs, cd player, white, 37000 miles, £5000, Clearways Commercials, Sevenoaks, 01474 853034 (TRADE)

FORD

C-MAX, Ghia (2005) 5-Dr 1.8 TDCi Lynx Stg 4 115 PS, black, 30933 miles, £7700, Invicta Motors, Canterbury, 0844 856 4494 (TRADE)

ESCORT, FLIGHT 1.6 5 DOOR HATCHBACK, 2001 1, metallic cherry coachwork with contrasting black cloth trim, service history with recent service, new mot, only one family owner from new, remote central locking, alarm, immobiliser, electric windows, tinted glass, sun roof, multiple air bags, abs brakes, original hi-fi, metallic cherry, 109000 miles, £1495, Riviera Car Sales, Folkestone, 01303 244244 (TRADE)

FIESTA, STYLE, 07/2007, this car is just turned 1 year old the last owner decided that she does not do enough miles to warrant such a new car, it is still covered by the ford warranty, and does not need a mot for 2 years, it is in the very low tax and insurance group, this must be very good value for a small 5 door car with less than 5 thousand miles, test drive available, finance subject to status, blue, £7295, Courtney Cars, Charing, Ashford, 01333 714848 (TRADE)

FOCUS C-MAX, 2006, insurance group 6 abs air con alarm body coloured bumpers drivers airbag electric/door mirrors front electric windows front fog light heated door mirrors height adjustable drivers seat immobiliser passenger airbag power steering radio/cd remote central locking side airbags 1 owner service history, moondust silver, 23000 miles, £5689, A 1 Carriages, Crayford, 01322 281525 (TRADE)

FUSION, 1.6 Zetec Auto (Climate), 2007, insurance group 6 abs air con alloys body coloured bumpers folding rear seats from electric windows front fog lights heated door mirrors immobiliser passenger airbag power steering radio/cd remote central locking tri computer 1 owner service history, panther black, 27000 miles, £6489, A 1 Carriages, 01322 281525 (TRADE)

GALAXY, Ghia Tdci, remote central locking, remote alarm, cloth upholstery, cruise control, multi-function steering wheel, parking sensor, power steering, trip computer, abs, multiple airbags, colour coded body, front fog lamps, rear wash/wipe, electric mirrors, cloth upholstery, height adjustable seat, adjustable steering column, cd player, radio, twin air bags, alloy wheels, 4x4, red, 49900 miles, £5495, Kings Highway Garage Ltd, 020 8855 4000 (TRADE)

HYUNDAI

ACCENT, Gsi 5dr, 2004, 1.2 classic 5dr hatch, black, 37222 miles, £3695, Masters Ciroen, Penge, 0208 699 0909 (TRADE)

CR-V

ROOMSTER, 1.6 anti-theft system, central locking, immobiliser, remote central locking, cloth upholstery, metallic paintwork, rear wash/wipe, stereo, aluminium silver, 60000 miles, £2699, Marshams, Maidstone, 01622 200 100 (TRADE)

MONDEO, LX 1798cc 5 door, 2001, cd player abs brakes air conditioning central locking alarm driver's airbag multiple airbags power steering immobiliser electric windows, gloss black, 11600 miles, £4495, Kings Highway Garage Ltd, Plumstead, 020 8855 4000 (TRADE)

COUPE

AMICA, CDX 5dr, 5058314, aluminium silver, 5000 miles, £4995, Automatically Ray Morris (Welling), Welling, 0208 303 4030 (TRADE)

COUPE

COUPE, 2006, silver, 25000 miles, £7995, WJ King Vauxhall, Farnham, 01322 862366 (TRADE)

TRAVEL

TRANSIT, 280 100bhp LWB Med-Roof, m5wz, remote central locking, cloth upholstery, bulkhead, ply-lined, side load door, semi-high roof, dual passenger seat, power steering, abs, air bag, radio cassette, blue, 44000 miles, £5000, Clearways Commercials, Sevenoaks, 01474 853034 (TRADE)

HONDA

ACCORD, Type-V, front fog lamps, remote central locking, alarm, full leather, electric seats, electric mirrors, electric windows, air conditioning, climate control, radio cassette, twin air bags, electric sunroof, abs, power steering, alloy wheels, green, 54600 miles, £2995, Kings Highway Garage Ltd, Plumstead, 020 8855 4000 (TRADE)

MG

MGB, Sports, 1045461, remote central locking, full leather, power steering, air bag, colour coded body, metallic paintwork, rear wash/wipe, electric windows, air conditioning, cd player, radio, aluminium silver, 50000 miles, £3999, Marshams, Maidstone, 01622 200 100 (TRADE)

TF, Sprint RT Sport Sports, remote central locking, alcantara leather, half leather, head restraints, power steering, air bag, colour coded body, metallic paintwork, electric windows, abs, multiple airbags, power steering, electric front windows, air conditioning, cd player, stereo, 15" alloys, platinum silver, 7000 miles, £9995, Marshams, Maidstone, 01622 200 100 (TRADE)

SKODA

FABIA, 1.2 Classic 5dr, 2004, 1.2 classic 5dr hatch, black, 37222 miles, £3695, Masters Ciroen, Penge, 0208 699 0909 (TRADE)

CR-V, 1.6 i-VTEC SE Sport, oe53 ovj, air conditioning, power steering, electric sunroof, remote central locking, abs, remote alarm, rear wash/wipe, rear headrests, electric windows, electric mirrors, cloth upholstery, height adjustable seat, adjustable steering column, cd player, radio, twin air bags, alloy wheels, 4x4, red, 49900 miles, £5495, Kings Highway Garage Ltd, 020 8855 4000 (TRADE)

TOYOTA

AURIS, 1.6 VVT-i Spirit 5dr, 14/04/2007, cd player, blue, 19431 miles, £9000, Invicta Motors, Canterbury, 0844 856 4494 (TRADE)

YARIS, 1.0 16v VVT-i GLS 5dr [AC], 28/03/2002, cd player abs driver airbag power steering, silver, 71246 miles, £3500, Invicta Motors, Canterbury, 0844 856 4494 (TRADE)

TVR

350I TASMIN (WEDGE), 1989 (f), 350 convertible, stunning dark met blue coachwork with contrasting cream leather sports trim with blue piping, black mohair soft top, huge ground up nut and bolt restoration with all photo's to prove, no expense spared, big brake conversion, godrific hoses etc, original service books, ew, em, quality cd hi-fi, alloys, only 3 former keepers. Summer bargain at £4995, metallic blue, 70,000 miles, £4995, Riviera Car Sales, Folkestone, 01303 244244 (TRADE)

FORD

PUMA, 1.4 16V 5dr Hatchback, S Reg, Black.

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2005 55 SAAB 9-3 1.9TiD Vector Sport, 4 Doors, Auto, Saloon, Diesel, 85,000 miles, Metallic Nocturne Blue. 3x3 point rear seat belts, ABS, Alarm, Alloys, Body coloured bumpers, Climate control, Cruise control, Drivers airbag, Full Electric pack, Immobiliser, Isofix child seat anchor points, PAS, Radio/CD, Rear armrest, Rear electric windows, Rear headrests, Remote central locking, Reverse parking aid, Service indicator, Side airbags, Solid Paint £6,995

2002 52 SAAB 9-5 2.3HOT Aero, 4 Doors, Manual, Saloon, Petrol, 63,260 miles, Steel Grey. ABS, Alloys, Cruise control, Heated seats, Full Electric pack, Park distance control, Remote locking, Side airbags, Sports seats, Traction control, Climate control, In Car Entertainment, Warranty, Leather upholstery, Met paintwork, Tinted glass..... £5,495

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56 (06) Chevrolet Tacuma SX 1.6 mpv only covered 23,000 miles from new, air conditioning, electric windows, full service history. Superb family sized car £4495

02 (52) Peugeot 206 SW 1.4 XT Estate only one owner from new & only 16,000 miles from new, full main dealer service history, low insurance & tax groups, metallic paint. Superb condition throughout £4,495

02 (52) Renault Clio 1.4 Expression Automatic only 28,000 miles, Full service history, sunroof, electric windows, power steering superb condition throughout £3,650

02 (52) Peugeot 206 GLX 1.4 5 door in silver, Complete with multi-stack cd player fitted, climate-controlled air conditioning, alloy wheels & a full service history with only the 2 owners £3,695

01 (51) Renault Clio 1.2 dynamique 3 door, Low insurance, cheaper road tax, ideal 1st car, full service history, finished in silver, power steering, electric windows, sunroof etc etc £3,495

02 (51) Renault Megane Scenic 1.6 Authentique 5 door only 35,000 miles from new, full service history, must be seen £3,250

01 (51) Toyota Corolla 1.4 VVTi GS 5 door hatch, One private owner with a full dealer service history. Complete with ABS, Twin air bags, electric front windows, air conditioning & remote central locking. Low insurance & cheap road tax £2,995

99 (T) Vauxhall Astra 1.6 cd Est F.S.H., 60000 miles £1,650

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02 02 Fiat Punto 1.2 Mia Ltd Edn 3-Door Hatchback 47,000 miles	£2,495
03 53 Vauxhall Meriva 1.6 16v Life 5-Door MPV , 46,000 miles	£2,995
02 52 Skoda Fabia 1.4 16V Classic 4-Dr Saloon 53,000 miles	£2,995
01 Y Peugeot 206 3 Door 2.0 HDI LX 88,000 miles	£2,995
04 04 Rover Streetwise 2.0 TD S 3-Dr Hatchback 67,000 miles	£2,995
01 51 Toyota Corolla 1.4 GS 5-Dr 51,000 miles	£2,995
04 54 Kia Picanto 1.1 SE 5-Door Hatchback 34,000 miles	£3,250
03 53 Suzuki Wagon R 1.3 Special 5-Door Hatchback 52,000 miles	£3,495
05 05 Fiat Idea 1.4 Active 5-Door Hatchback 64,000 miles	£3,750
05 55 Fiat Punto 1.2 Active 3-Door Hatchback 49,000 miles	£3,750
05 05 Fiat Punto 1.2 Dynamic 3-Door Hatchback 11,000 miles	£3,995
02 02 Skoda Octavia 1.9 TDI Elegance 5-Dr Estate 103,000 miles	£3,995
05 05 Fiat Idea 1.4 Active 5-Door Hatchback 30,000 miles	£3,995
06 06 Fiat Panda 1.1 Active 5-Door Hatchback 16,500 miles	£3,995
04 04 Renault Scenic 1.6 VVT 115 Dynamique 5-Dr Hatchback 35,261 miles	£4,495
06 56 Citroen C3 1.1 Desire 5-Door Hatchback 42,000 miles	£4,495
06 06 Fiat Grande Punto 1.2 Active 5-Door Hatchback 48,000 miles	£4,750
04 54 Renault Clio 1.4 Dynamique 3-Dr Hatchback 28,000 miles	£4,750
05 55 Kia Rio 1.5 CRDi GS 5-Door Hatchback 37,335 miles	£4,995
05 55 Vauxhall Astra 1.6 Club 16v 5-Door Hatchback 43,295 miles	£4,995
05 05 Renault Modus 1.5dCi 80 Dynamique 5-Dr Hatchback 45,000 miles	£4,995
07 07 Fiat Panda 1.2 Dynamic 5-Door Hatchback 14,000 miles	£4,995
07 07 Fiat Grande Punto 1.2 Active 3-Door Hatchback 7,700 miles	£5,495
07 07 Kia Rio 1.4 GS 5-Door Hatchback 14,183 miles	£5,495
06 06 Mitsubishi Colt 1.3 CZ2 5-Door Hatchback 13,500 miles	£5,495
05 05 Ford Streetka 1.6 Luxury 2-Door Convertible 14,000 miles	£5,495
06 06 Skoda Fabia 1.4 TDI PD Ambiente (70 BHP) 5-Dr Hatchback 40,000 miles	£5,495
06 06 Fiat Panda 1.2 4x4 5-Door Hatchback 28,000 miles	£5,750
08 08 Fiat Panda 1.1 Active 5-Door Hatchback 11 miles	£5,750
06 56 Citroen C2 1.6 16v VTS 3-Door Hatchback 10,000 miles	£5,995
06 56 Renault Modus 1.5dCi 86 Dynamique 5-Dr Hatchback 15,000 miles	£6,250
05 55 Ford Fiesta 1.6 TDCi Ghia 5-Door Hatchback 17,000 miles	£6,595
07 07 Suzuki Swift 1.5 GLX 5-Door Hatchback 24,000 miles	£6,995
06 56 Kia Magentis 2.0 LS 4-Door Saloon 36 miles	£7,995
08 57 Fiat 500 1.2 LOUNGE 3-Door Hatchback 4,821 miles	£8,250
08 58 Kia Rio 1.5 CRDi 2 5-Door Hatchback 1,000 miles	£8,395
08 08 Kia Rio 1.6 Sport 5-Door Hatchback 1,500 miles	£8,495
08 58 Fiat 500 1.3 MultiJet POP 3-Door Hatchback 2,000 miles	£8,495
07 07 Fiat Sedici 1.9 MultiJet 8v Eleganza 5-Door Hatchback 10,000 miles	£8,750
08 08 Fiat 500 1.4 Sport 3-Door Hatchback 4,500 miles	£8,995
07 07 Fiat Bravo 1.9 Multijet 120 Dynamic Hatchback 5- 13,000 miles	£8,995
08 08 Fiat Grande Punto 1.4 GP 3-Door Hatchback 1,000 miles	£8,995
07 57 Fiat Bravo 1.9 Multijet 120 Dynamic Hatchback 5- 10,000 miles	£9,495
05 55 Kia Sportage 2.0 XE 5-Door Station Wagon 23,222 miles	£9,995
06 56 Kia Sedona 2.9 CRDi LS 5-Door MPV 17,100 miles	£9,995
06 06 Kia Sedona 2.9 CRDi GS 5-Door MPV 15,267 miles	£10,250
07 56 Kia Sportage 2.0 CRDi VGT XE 5-Door Station Wagon 9,868 miles	£10,995
08 08 Kia Sedona 2.9 CRDi LS 5-Door MPV 7,800 miles	£13,995
08 58 Kia Pro_cee'd 2.0 CRDi Sport 3-Door Hatchback 8,500 miles	£13,995

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01227 786602 WWW.CANTERBURYUSED CARS.CO.UK

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Band 6 Occupational Therapist

Our Occupational Therapy Service has a vacancy for an enthusiastic Occupational Therapist. The post would require 32 hours a week during term time with an additional six negotiated days out of term time hours.

The Royal School for Deaf Children and Westgate College for Deaf People are a specialist residential school and college for children and young people who are deaf, many have additional complex needs, including learning difficulties and behavioural difficulties. We also have a Community Living provision for adults with similar conditions.

For further information or informal visit (strongly recommended) please contact Stephen Webb, Occupational Therapist at:

Royal School for Deaf Children,
Victoria Road, Margate, Kent, CT9 1NB.
Telephone: 01843 222454.
Email swebb@royalschoolfordeaf.kent.sch.uk

Please telephone Diane Kirrage, HR Administrator on 01843 222429
for an application form.
Closing Date: Friday 27th March 2009

Music/Play Worker - Disability Specialist

Pie Factory Music are seeking a creative and energetic individual with enthusiasm for a range of musical styles to work across East Kent with disabled children and young people, involving them in creating music. You will plan and deliver a wide range of music making sessions, courses and play activities for children with a range of abilities. This will include the use of specialist sound beam equipment (training provided).

You will be qualified to NVQ3 in music/youth/play work or equivalent. Previous experience with disabled children preferred.

You will need to be mobile and able to deliver sessions across East Kent. Skills in non-verbal communications systems, e.g. BSL, Makaton, PECS, etc., would be an advantage.

For more information and an application pack, please call Steve Kreeger on 01843 596777 or e-mail steve@piefactorymusic.com. To find out more about Pie Factory Music, visit www.piefactorymusic.com
Closing Date: 31/03/09

JobsforKent.co.uk The smart way to find a job in the County



The Regional Screen Agency for the South East of England has opportunities at both its offices

Headquarters – Folkestone EDUCATION & YOUTH PROJECTS CO-ORDINATOR PART TIME

£18,000 - £22,000 Pro Rata Depending on experience

Up to 28 hours per week Fixed Term Contract

A Media Box Supported Role

Closing date: 26 March 2009 **Interviews will be held on:** 06 April 2009

Film Commission – Pinewood Studios FILM COMMISSION ASSISTANT

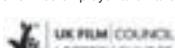
£14,000 - £16,000 Depending on experience

Closing date: 01 April 2009 **Interviews will be held on:** 09 April 2009

For job specification or further information please see our website www.screenssouth.org or contact Vanessa Cook

Please send current CV and letter of motivation including where you saw the ad to vanessa.cook@screenssouth.org or
Screen South, The Wedge, 75 - 81 Tontine Street, Folkestone, Kent CT20 1JR
T: 01303 259 777 F: 01303 259 786
www.screenssouth.org

Screen South are an equal opportunities employer and have achieved Investors in people status.



THE THOMAS AVELING SCHOOL



(A Foundation Technology College)
Arethusa Rd, Rochester, Kent ME1 2UW
Headteacher: Mr R J Hart, BEd, MA

Tel: 01634 844809 Fax: 01634 818385

Email: office@thomasaveling.co.uk Website: www.thomasaveling.co.uk/jobs

Senior Reprographics Technician

Full Time (37 hours per week)

Salary: NJC Scale C1 Point 17 – 26 (presently £16,614 - £21,937)

We require from April 2009 a pro-active, organised and self-motivated person with a creative flair to join this popular secondary school. Operating predominantly Konica Minolta copying equipment, this role provides a support function to all levels of staff and students and requires a person with strong communication and inter-personnel skills and the ability to work with pace and diligence.

Prospective candidates should be technically minded with a high level of IT literacy including use of Excel, Word and Publisher, and be capable of working under pressure as required. Some flexibility of working hours may be required during busy periods. Previous experience in a similar environment and at a similar level would be an advantage.

Application form available on school website, accompanied by a CV and brief resume of relevant experience, to be sent to: Mr.S.Rayner (Finance and Business Manager) at the school address shown above. It is envisaged that interviews will take place on Monday 23rd March 2009.

Closing date: 9:00 am Wednesday 18th March 2009

The Thomas Aveling School is an Equal Opportunities Employer - committed to safeguarding the welfare of all students and any offer of employment will be subject to an enhanced CRB check.

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Require SIA Licensed Door Supervisors

at Various Holiday Parks within the Kent Area

Please Call **Chris** on **01277 355088**
or **E MAIL** **CV** to **Doorbird1957@aol.com**
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AMAC Dynamic Training offers training and career development to fitness professionals. Courses on offer include NVQs, bespoke in-house training, fitness professional courses ranging from levels 1-3. AMAC is committed to Equality and Diversity.

14-19 Programme Manager

(Full time up to £31k pa) Canterbury
The successful candidate will work closely with the management team, tutors and operational staff to ensure the design, development, management and implementation of programmes is of a consistently high standard. You would be highly skilled in developing and maintaining effective relationships with key partners and stakeholders. We are looking for inspirational and committed individual, who can show excellent interpersonal, communication and influencing skills. Applications are welcome from experienced candidates, and will hold a DTTLS teaching qualification (Certificate in Education or equivalent), together with an interest in sport and fitness and curriculum development for the 14-19 age range.

How to Apply

Please contact AMAC for an application form, full job description, candidate requirements, and details of salary and benefits for position. Contact info@amactraining.co.uk or 01227 831 840. Alternatively e-mail your CV with a covering letter, or post it to:
AMAC, 2 Denne Hill Business Centre, Womenswold, Canterbury, CT4 6HD
Closing Date: 25 March 2009 Interview Date: 31 March 2009

CHEF

Required at small
restaurant in Dover.
Experience preferred.

For more information please call
lan on **01304 209444**
or email:
groombridge77@o2.co.uk

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Campaigns Manager (Web)

£26,000 DOE

Visit Kent is the official tourism marketing body for Kent. We are a public / private sector partnership with over 80 stakeholders supporting Kent's £2.5bn visitor economy.

We are seeking an energetic and experienced Web Manager to join the marketing team based in Canterbury. Working as part of a small team, you need website management and development experience to lead on our web and online marketing activity. A passion for Kent and enthusiasm for destination marketing are essential.

Visit www.visitkentbusiness.co.uk for more details of the position and application details, or contact Nina Dietrich on 01227 862787 or nina.dietrich@visitkent.co.uk

CAREERS IN HEALTHCARE ACROSS EAST KENT



From Whitstable to Dover, Ashford to Canterbury, over 710,000 people depend on Eastern and Coastal Kent NHS and we put them at the heart of everything we do. All our staff work hard every day to improve health and wellbeing for the local community, to tackle health inequalities and to provide high quality, responsive and efficient services, both directly and through commissioning.

As one of Kent's largest employers, we aim to employ and train a world-class workforce capable of meeting our many challenges. In return for your skills and commitment we offer wide-ranging staff benefits including real investment in personalised career development, flexible working, childcare, final salary pension scheme and in-house discounts, relocation packages available, occupational sickness benefit, car scheme for eligible staff, occupational health service and enhanced maternity pay.

PA to Head of Business Management Service (Car)

Band 3: £14,834 - £17,732 per annum

Trinity House, Eureka Business Park, Ashford

Ref: 767-EMY880

An interesting and exciting post has arisen in Business Management Services supporting the Head of Service with secretarial and administrative duties. You will be a self motivated and able to work under your own initiative. You will have excellent secretarial/computer skills, and be able to provide general administrative support. You will need excellent communication skills dealing with NHS colleagues at all levels.

Trinity House is a modern friendly office, a short drive from the centre of Ashford. For an informal chat call Frances Outram on 07500108715.

Previous applicants need not apply.

Completed applications by: 5 March 2009.

Sites Project Manager x2 (*) (Car)

Band 8a: £37,106 - £44,527 per annum

Trinity House, Eureka Business Park, Ashford

Ref: 767-EMY897

Your focus will be on supporting the development of the Sites and Facilities Management services, providing expert project management to a range of Estates-focused activities. In particular, you will develop robust systems and processes for the acquisition of new premises, as well as link with Heads of Service and lead clinicians to devise Estate solutions to meet service and clinical needs. You will also act as a source of expert specialist and professional Sites & Building related advice.

Educated to Masters Degree or equivalent, you will have a proven track record as a senior manager with practical and substantial experience in Estates-related project management. You will also have detailed knowledge of relevant legal requirements, together with an understanding of NHS financial processes. In addition, you will be effective in managing change and directing multi-disciplinary teams.

For an informal chat call David Ambrose on 01223 667705.

Completed applications by: 12 March 2009.

Senior Physiotherapy Assistant (*) (Car)

Band 4: £17,316 - £20,818 per annum pro rata

Swale Local Office, Sittingbourne

Part Time: 15 Hours per week

Ref: 767-EKB894

Due to successful funding we are looking for a senior physiotherapy assistant to join our expanding service. The post will be based in the Swale Local Office, Sittingbourne, and cover the Swale locality. You will be part of an integrated multidisciplinary team including nurses, care managers, occupational therapists and speech and language therapists.

The successful candidate will provide support to the Senior Physiotherapist as well as holding their own case load. We offer strong support from both the multidisciplinary team and physiotherapy service.

Due to the nature of this role, it is essential that the post holder holds a full UK driving license and have access to a suitable vehicle for business purposes. An enhanced CRB check will also be completed.

For an informal discussion or visit please contact Tony West Senior Physiotherapist or Jackie Smith Team Manager on 01795 418760.

Closing date: 12 March 2009.

A comprehensive corporate induction programme is provided at the commencement of employment.

Please ensure that you check your NHS Jobs account regularly in order to see if you have been successful in obtaining an interview.

(*) Employment in this post is subject to a satisfactory Enhanced Disclosure from the Criminal Records Bureau

(Car) Car owner/driver essential, subject to the provisions of the Disability Discrimination Act (1995)

For further information and to apply, please visit www.eastcoastkentpct.nhs.uk

We are an equal opportunities employer committed to safeguarding children and vulnerable adults



Duty Manager

Ramsgate Pool

40 hours per week, shift work including weekends, evenings and early mornings.

£14,622 to £17,056 per annum dependant on experience, plus call out enhancement.

Other benefits include staff discount scheme and contributory pension scheme.

For further details including a full job description, person specification and application form please call 01843 227959.

Closing date for completed applications is Tuesday 10th March 2009

PROJECT COORDINATOR

for Market Research Company (Healthcare)
Based outskirts of Sittingbourne.
Excellent Telephone, Organisational,
Admin and Communication Skills Essential.
Training will be given, no healthcare experience necessary.

Salary £15,000 - £17,000

Apply by email to info@medicysltd.co.uk

Or write to:

**Medicys Limited, Broad Oak Enterprise Centre,
Broad Oak Road, Sittingbourne, Kent ME9 8AQ**

Full Time MANAGER

Required for Boutique in CHISLEHURST. Previous Retail Experience Essential.
Call Ben or Michele
0208 316 6842
info@davinshoes.co.uk

SUPPORT STAFF AND TEAM LEADERS

Required for our autism specific service in Folkestone. NVQ qualification preferred although not essential.

Please call Tom on 01303 251618/01303 259561 for more details. Salary £6 + per hour.



**Now recruiting:
Qualified MOT Tester**

At our Strood Branch

To apply please contact: **Tanya** on **01634 717 747**
or apply on line at www.mrclutch.com

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Career Opportunities



Canterbury College

Canterbury College is an equal opportunities employer

Canterbury College is a Further and Higher Education College in the heart of Kent. Our goal is to be one of the best FE Colleges in England by 2010. We have 9,000 students across 300 courses and enjoy an enviable reputation as a great place to learn. Our brand new £50M Campus is also home to nearly 800 staff and we have some great career opportunities which may be right for you.

Section Manager Construction Craft

08/12

37 hrs per week, salary starting at £33,858 per annum

Section Manager Dental Nursing, Social Care and Counselling

06/110

37 hrs per week, salary starting at £33,858 per annum

Acting Section Manager NVQ's and Professional Studies, Dental, Nursing, Social Care and Counselling

09/02

37 hrs per week, salary starting at £33,858 per annum. Fixed Term post ending 31 July 2009

Temporary Section Manager Equine, Animal Care, Veterinary Services and Environmental Conservation

09/04

37 hrs per week, salary starting at £33,858 per annum. Temporary post to cover maternity leave not to exceed 12 months.

Temporary Section Manager Equine, Animal Care, Veterinary Services and Environmental Conservation

09/04

37 hrs per week, salary starting at £33,858 per annum. Temporary post to cover maternity leave not to exceed 12 months.

Lecturer Key Skills (to Automotive Engineering students)

07/30

37 hours per week, salary range £18,387 – £26,363 per annum

Supply Lecturer Community Development

S/CD

Various hours available, salary range £18,387 – £26,363 pro rata per annum

Advanced Practitioner

02/128

37 hrs per week, salary starting at £33,858 per annum

Business Publicity Officer

09/09

18.5 hrs per week, salary starting at £16,914 pro rata per annum. One year fixed term post

Trainer Demonstrator Sculpture/3-D Design Art & Design

09/08

37 hrs per week, salary starting at £18,963 per annum

Trainer Demonstrator Preparation for Life & Work

06/179

37 hrs per week, 40 weeks term time, salary starting at £18,963 pro rata per annum

Temporary Enrolment Records Assistants

TERA (1-4)

4 posts at 18.5 hrs per week, salary starting at £15,085 pro rata per annum.

Temporary posts starting 01 June 09 and ending 31st October 09

Administrator - Central Administration

07/48

27 hrs per week, salary starting at £15,085 pro rata per annum

Learning Resources Assistant - Book Shelves

LRCA6

10 hrs per week, 38 weeks term time, salary £13,711 pro rata per annum (fixed point)

For an information pack please visit www.canterburycollege.ac.uk or call the Human Resources Office on 01227 811282 (24 hr answerphone) quoting the above reference.

Staff benefits include:

- Pension & Life Assurance Scheme
- Proximity to main bus & train stations
- Close to City Centre
- Sports Hall & Gym
- Generous Holiday Allowance
- Staff Discount Scheme

The closing date for the above posts is Monday 16th March 2009 at 12 noon

CLICK
www.canterburycollege.ac.uk/job-vacancies

CALL
01227 811282 (24 hr answerphone)



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CAREERS IN HEALTHCARE ACROSS EAST KENT



Eastern and Coastal Kent

From Whitstable to Dover, Ashford to Canterbury, over 710,000 people depend on Eastern and Coastal Kent NHS and we put them at the heart of everything we do. All our staff work hard every day to improve health and wellbeing for the local community, to tackle health inequalities and to provide high quality, responsive and efficient services, both directly and through commissioning.

As one of Kent's largest employers, we aim to employ and train a world-class workforce capable of meeting our many challenges. In return for your skills and commitment we offer wide-ranging staff benefits including real investment in personalised career development, flexible working, childcare, final salary pension scheme and in-house discounts, relocation packages, occupational sickness benefit, car scheme for eligible staff, occupational health service, and enhanced maternity pay.

Health Promotion Practitioner - Stop Smoking x2 (*) (■)

Ref: 767-ECL907

Band 5: £20,225 - £26,123 per annum

Whitfield Court/East Kent Hospitals University Trust

Health Promotion Specialist - Stop Smoking (*) (■)

Ref: 767-ECL908

Band 6: £24,103 - £32,653 per annum

Whitfield Court/East Kent Hospitals University Trust

Would you like to help people to stop smoking?

Are you interested in improving peoples' health? If you are, then we may have the right job for you. The Stop Smoking Service provides a free service to all smokers who want to stop, in locations across Eastern and Coastal Kent.

A new service for smokers is being set up within the East Kent Hospitals University Trust and the successful applicants would be part of an exciting initiative to make a real difference to people's health at a time in their lives when they most need support to quit smoking.

The posts will cover each hospital in the Trust and will be managed and supported within an experienced and expert team, with an office base at Whitfield Court, Dover. You should have the flexibility to work at each venue as necessary.

You will join a lively and committed Stop Smoking Team which carries the responsibility for developing and delivering services, including individual one-to-one and group sessions. You will join the service at a time of expansion and challenge in order to contribute to the achievement of local and national stop smoking targets.

Excellent communication skills and an understanding of motivational interviewing techniques and/or counselling skills are essential. Relevant work experience may include: general nursing, health visiting and midwifery, smoking cessation, counselling, addiction services or experience involving substantial interpersonal and communication skills. An understanding of the issues around stopping smoking will be an advantage but is not essential, as training will be given. Experience of working with minority groups will be an advantage. You will be expected to work flexibly and on your own initiative, within an agreed framework, as well as being part of a team. The post will involve extensive travel: travel expenses incurred in the course of your duties will be reimbursed.

For an informal discussion please contact Stop Smoking Service Lead - Jane Blinston-Jones: 01304 828713 - Office or 07825 732028 - Work Mobile.

A comprehensive corporate induction programme is provided at the commencement of employment.

Please ensure that you check your NHS Jobs account regularly in order to see if you have been successful in obtaining an interview.

(*) Employment in this post is subject to a satisfactory Enhanced Disclosure from the Criminal Records Bureau

(■) Car owner/driver essential, subject to the provisions of the Disability Discrimination Act (1995)

For further information and to apply, please visit

www.easternandcoastalkent.nhs.uk

Closing date: 19 March 2009.

We are an equal opportunities employer
Committed to safeguarding children and vulnerable adults

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or for a leaflet call 0845 850 88 80
(Textphone 18001 0845 850 8880)



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Lines open Monday to Friday 8am to 8pm and Saturday and Sunday 9am to 5pm. As at September 2008, calls to 0845 numbers from BT land lines should cost no more than 4p a minute with a 7p call set-up charge. You may have to pay more if you use another phone company or a mobile phone, or if you call from abroad. Our textphone / texttalk numbers are for people who cannot speak or hear clearly. If you don't have a textphone / texttalk, you could check if your local library or citizens advice bureau has one. Textphones / texttalk don't receive text messages from mobile phones.

DOVER IMMIGRATION REMOVAL CENTRE >



EXTRAORDINARY JOBS.
EXTRAORDINARY WORKPLACE.

KITCHEN ASSISTANTS
£16,506 RISING TO £18,055

With more than 50,000 staff, the Prison Service recognises the importance of achieving through our people. Right now, we're implementing ambitious modernisation plans throughout our operation. If you're looking for a rewarding career, there is no better time to join us.

Dover Immigration Removal Centre provides secure but humane accommodation for appellant and failed male asylum seekers aged over 18. The regime offers as much freedom of movement and association as possible and encourages detainees to make the most productive use of their time while respecting their dignity and right to individual expression.

It's here that you'll make sure meals are produced to recipe specifications and standards. You'll also handle light and heavy cleaning of the kitchen itself as well as cooking equipment, and see to it that detainees in your span of control receive the necessary training for them to work effectively. In addition, you'll issue and receive stores, serve food, and help produce meals for any special medical, religious or cultural diets.

You will need a City & Guilds 706/1 or NVQ Level 1 or equivalent plus Primary/Level 1 Food Hygiene, and should be keen to be trained to NVQ Level 2 Catering if you don't already have it. Experience of working in an industrial kitchen would be ideal, but we can train you in that too.

To apply, please email kent-sussex-area-recruitment@hmpps.gsi.gov.uk or visit our website www.hmprisonservice.gov.uk

The closing date for receipt of completed applications is 27th March 2009.

Applicants will be required to declare whether they are a member of a group or organisation, which the Prison Service considers to be racist.

Part-time working or job sharing will be considered.

The Prison Service is an equal opportunities employer. We welcome applications from candidates regardless of ethnic origin, religious belief, gender, age (subject to being within the normal retirement age for the grade), sexual orientation, disability or any other irrelevant factor.



National Offender Management Service



PUBLIC NOTICES

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01303

817040

KENT COUNTY COUNCIL - THE MARRIAGE ACT 1949 AND CIVIL PARTNERSHIP ACT 2004

APPROVED PREMISES FOR CIVIL MARRIAGES AND CIVIL PARTNERSHIPS

An application has been made by Amita Patel of Premvadan, 68 Liverpool Road, Walmer to Kent County Council, to grant an approval for a ceremony at this premise.

The application and plan of the premises may be inspected at the address below during normal office hours. Any person may give notice in writing of an objection to the grant of an approval, together with the reasons, within 21 days from the date of this newspaper.

Objections should be sent to the following address
Martin Alford, Head of Registration,
Invicta House, Maidstone, Kent, ME14 1XX.

KENT COUNTY COUNCIL THE MARRIAGE ACT 1949 AND CIVIL PARTNERSHIP ACT 2004 APPROVED PREMISES FOR

CIVIL MARRIAGES & CIVIL PARTNERSHIPS

Applications have been made to Kent County Council to grant a renewal of an approval for the following premises to act as venues for the solemnisation of civil marriages and civil partnerships:-

Name of Premises: The Grand, The Leas, Folkestone

Applicant: Michael Stainer

Name of Premises: Burlington Hotel, Earls Avenue, Folkestone

Applicant: Angelo Sangiuseppe

Name of Premises: Dover Town Council, Maison Dieu House, Biggin Street, Dover

Applicant: Julia Bentsted

Name of Premises: The Blazing Donkey Country Hotel, Hay Hill, Ham, Nr Deal

Applicant: Richard Martin

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BATTLE: Dover came out on top with a man down

Sharks charge on after Sidcup win

RUGBY

DOVER extended their unbeaten run to five games with a competent performance against Sidcup despite playing the majority of the game with 14 men.

Ricky Stanley was shown a red card when he retaliated after being punched in the first half, but the Sharks rallied to beat Sidcup 13-0 and move up to fifth in London 2 South.

Both scrum halves were also sin binned in a feisty first 40 minutes, but going a man down appeared to help the home side re-focus and they became more disciplined. Dover opened the scoring three minutes before the break. Following a turnover Martyn Beaumont picked up a loose ball and drove through a gap 20 metres out to touch down. Blair Charge added the conversion.

Charge hit the post with a kick from long range, but he made the game safe soon afterwards with two successful penalties.

This Saturday they visit Old Colfeians, who they leapfrogged into the top five last weekend.

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Gills boss Mark Stimson discusses who his upcoming loan targets are



SHOWDOWN: Andy Hessenhaler has warned players about the importance of Saturday's game with Staines Town after a Frannie Collin (right) penalty rescued them from defeat at Tooting



Pictures SIMON HARRIS

Whites don't want any Staines on clean record

DOVER Athletic boss Andy Hessenhaler has urged his players for one more push or face seeing their commanding lead at the top of the table whittled away by Staines Town.

The Whites have dominated the Ryman Premier all season, building a lead which at one point stood at 25 points, but in recent weeks the side have relied on late goals to maintain their momentum.

Draws in three of their last seven games hardly sounds like a crisis, but compared with the club's early-season form it marks a blip.

With Staines expected to cut the lead to 15 points with a win at rock-bottom Heybridge last night, they visit Crabble for a title showdown on Saturday. With their two games still in hand on Dover, Hessenhaler is well aware of the importance of the game.

He said: "It is always hard to cross the finish line, but I have said to the players we have just got to keep going. I mean a draw is not a bad

FOOTBALL

■ BY YOURDOVER REPORTER

Tooting & Mitcham United 1

Vines 78

Dover Athletic 1

Collin pen 84

Dover Athletic starting XI



Subs used: Welford (Bodkin 45) Gore (Schulz 45) Wallis (Hughes 45)

result and it is hard to criticise the players after the [16-game] unbeaten run we have been on.

"The Staines game is big – if they win it, then all of a sudden they could cut our lead considerably. If they win all their games in hand it could be down to six points and it will become interesting again."

Dover again left it late on Saturday as they scrambled to a draw with Tooting & Mitcham thanks to a penalty from Frannie Collin six minutes from time.

It was an afternoon to forget for the Whites,

who struggled to find their rhythm on a difficult surface. The visitors made a triple substitution at half-time, but Tooting took the lead with a quick break finished off by Paul Vines on 78 minutes.

Hessenhaler said: "It was a fair result – in the end neither side deserved to win the game. We couldn't get our passing game going and the ball was up in the air most of the time. We started with two wingers and it didn't work. The players know that the performance was one of the worst games I have seen."

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Seasiders get washed up by league leaders Cray

FOOTBALL

■ BY DAVID PRITCHARD

Folkestone Invicta 1

Chappell 88

Cray Wanderers 3

J Wood 27, Kinch 47, Aris 68

FRANKIE Chappell's late consolation was as good as it got for Folkestone Invicta as they were outplayed by Ryman South leaders Cray Wanderers on Saturday.

The Seasiders rarely troubled the visitors going forward as Wanderers made it six wins in a row with goals from Jamie Wood, Scott Kinch and Steve Aris.

Folkestone boss Neil Cugley had no complaints about the result and felt his side had to open the scoring to get a result.

He said: 'We just said to them afterwards that's how you play' and eventually we've got to try and get to that standard. You've got to score first against these sides – if you do that then you put them under a bit of pressure, but obviously we didn't.'

'They have very good players and are the best team I've seen here this season.'

Folkestone had fitness concerns over several players and Josh Vincent's absence gave 17-



HEADS UP: Josh Burchell (left) battles for the special-edition Comic Relief ball in Saturday's defeat to Cray

year-old Billy Swallow his second senior start.

Cugley had been critical for his team's lack of belief in recent home games and the problem reared its head minutes later. Josh

Folkestone Invicta starting XI



Subs used: Driscoll (Byrne 45) Neilson (Swallow 68)

Burchell found space 20 yards out but instead of shooting the youngster opted to pass and the chance disappeared.

Cray were gifted the lead on 27 minutes when goalkeeper Jack Delo scuffed a clearance straight to Leigh Bremner and the former Folkestone striker squared to Jamie Wood, who smashed a shot in off the crossbar.

Folkestone hung on until the break but two minutes into the second half the visitors doubled their lead. A clever pass found Lewis Wood in the area and the diminutive striker lobbed the ball over Delo for Kinch to tap home.

Midway through the half it was 3-0 when an incisive move was finished well by Steve Aris.

Folkestone enjoyed a late flourish as Cray took their foot off the pedal. Jimmy Dryden twice came close before Chappell headed home from a corner, but it was too little too late.

Invicta were away to Chipstead last night, log on to www.yourshepway.co.uk for the report. On Saturday they visit Merstham.

FOOTBALL



LESSON: Neil Cugley felt inexperience cost his side

Cugley praises team after learning tough lesson on Saturday

FOLKESTONE Invicta manager Neil Cugley is hoping his young side learned from the footballing lesson Cray Wanderers gave them on Saturday.

The league leaders produced an assured display and were rarely troubled defensively by the Seasiders until Frankie Chappell's 88th-minute header.

Financial problems have seen most of the club's experienced players leave, so Cugley has relied on promoting raw youngsters into his first team. The Invicta boss felt the gulf in knowledge showed against in-form Cray.

He said: 'They are a really good side, you've just got to look at their subs' bench and they've got class to come on. We just can't compete with that I'm afraid.'

'We need to be sharper at making decisions at both ends of the pitch. Would they have scored if we'd had a bit more experience and been a bit sharper of mind? The first goal has come from Jack's poor kick and the other two have come from throw-ins where we should be getting people out to stop the ball from being delivered.'

'You keep trying to tell them to learn from it, that's why we keep on about it. It's about people being more decisive, having a quicker footballing brain. Older players wouldn't have let those two goals happen, they would have got out there to stop the ball coming in.'

Despite the off-field problems this season, Cugley has always praised the attitude of the players. Their commitment was again demonstrated on Saturday.

He said: 'We have got two or three playing with injuries, at another club they wouldn't be playing. [Jimmy] Dryden and [Liam] Friend are both struggling with injuries but they're good lads and just play. They know I haven't got anybody else.'

'The spirit's good, that's one thing about them. They'll have a go and everyone will be there again for our next game and we'll go again.'

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Darius Charles on Ebbesfleet's chances of returning to Wembley in the FA Trophy



PRIZE: Folkestone will train with England today

Lucky Stones to train with Johnson's boys

RUGBY

FOLKESTONE Rugby Club's first team will get to train like international stars for the day after winning a website competition.

The Stones play their league rugby in London 4 South East, seven divisions below the top flight, but today they will line up alongside the best players in the country.

Lee Jeffery's team, along with a lucky selection of prospects from the club's under-18s, will travel to Pennyhill Park in Surrey on Wednesday to take part in an England training session as Martin Johnson's men prepare for their clash with France.

Jeffery's assistant Phil Cooper said: 'It's an amazing prize. The closest the players normally get to England is sitting in the stands at Twickenham, so the chance to feel the same environment as them is something special.'

Folkestone won the sought-after prize at random after by joining a social networking site for rugby clubs, www.maximumrugby.com, and entering 20 club members before last month's deadline.

The Stones lost 41-10 at Horsham on Saturday, with David Baxter scoring the only try of the game for the visitors. Jeffery's side stayed fourth in the table.

Smissen heralds return with a goal for the leaders

FOOTBALL

Hythe Town 2 Tunbridge Wells 0

BUSTER Smissen scored his first goal for more than five months as Hythe Town moved clear at the top of the Kent League.

The striker, who scored 47 goals last season, has missed most of this campaign with a knee injury, but scored late on to add to Ben Sly's opener. Coupled with second-placed Holmesdale's defeat at Norton, the victory extended Hythe's lead to four points.

Town boss Paul Fisk was pleased with the display against a side who up until recently had title aspirations of their own.

He said: 'Tunbridge have been up there all season so it was a game where we knew we had to step up to the plate. Full credit to the players, they really did it and it was a good all-round performance.'

'I think the pressure is starting to show on the other teams, but we are getting better, it was a great result for us.'

With the club slashing ticket prices for the game, a season-high gate of 320 watched a hard-fought but goalless first half. The deadlock was eventually broken 15 minutes from time when Hythe got the goal their pressure deserved through Ben Sly.

Smissen's seventh goal of the season followed five minutes later, to everyone's delight.

Fisk said: 'Buster's only half fit but he's the sort of player who gives everyone something extra, the goal was special to all of us.'

Hythe visited Sevenoaks Town last night. Log on to www.yourshepway.co.uk for the report.



OPENER: Ben Sly scored Hythe's first goal to set up

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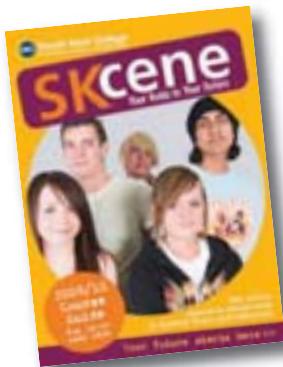
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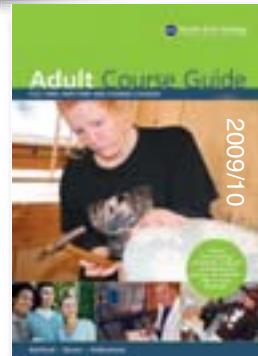
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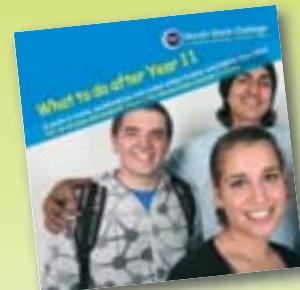
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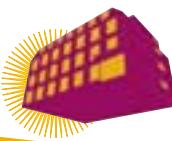
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